

University of Pretoria Yearbook 2019

Exercise and nutrition science 331 (FLG 331)

Qualification Undergraduate

Faculty [Faculty of Health Sciences](#)

Module credits 18.00

Programmes [BSc Biochemistry](#)

[BSc Human Genetics](#)

[BSc Human Physiology](#)

[BSc Human Physiology, Genetics and Psychology](#)

[BSc Medical Sciences](#)

Service modules Faculty of Natural and Agricultural Sciences

Prerequisites BCM 251 GS, BCM 252 GS, BCM 261 GS, BCM 262 GS, FLG 221 and FLG 222

Contact time 2 lectures per week, 1 practical per week

Language of tuition Module is presented in English

Department Physiology

Period of presentation Semester 2

Module content

Mechanisms of muscle contraction and energy sources. Cardio-respiratory changes, thermo-regulation and other adjustments during exercise. Use and misuse of substances to improve performance. Practical work: Applied practical work

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