

# University of Pretoria Yearbook 2016

## Applied exercise science (gymnasium) 310 (BGN 310)

<b>Qualification</b>	Undergraduate
<b>Faculty</b>	<a href="#">Faculty of Health Sciences</a>
<b>Module credits</b>	15.00
<b>Programmes</b>	<a href="#">BSportSci</a> <a href="#">BSportSci</a>
<b>Contact time</b>	1 practical per week, 1 lecture per week
<b>Language of tuition</b>	English
<b>Academic organisation</b>	Biokinetics and Sports Science
<b>Period of presentation</b>	Semester 1

### Module content

\*Closed – requires departmental selection The student will be taught on disciplines such as gymnasium layout, warm-up techniques and training methods with reference to traditional anatomical areas.

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