

# University of Pretoria Yearbook 2016

## Exercise and training principles 151 (EXE 151)

**Qualification** Undergraduate

**Faculty** [Faculty of Humanities](#)

**Module credits** 6.00

**Programmes** [HCert \(Sports Science\) Option: Education](#)  
[HCert \(Sports Science\) Option: Sports Coaching](#)

**Prerequisites** No prerequisites.

**Language of tuition** Double Medium

**Academic organisation** Sport and Leisure Studies

**Period of presentation** Quarter 2

### Module content

\*Closed – requires departmental selection

Introduction to physical fitness, multidimensional character of physical fitness, sport specific vs health-related fitness components, physiological effects of training, and application of training principles.

The information published here is subject to change and may be amended after the publication of this information. The [General Regulations \(G Regulations\)](#) apply to all faculties of the University of Pretoria. It is expected of students to familiarise themselves well with these regulations as well as with the information contained in the [General Rules](#) section. Ignorance concerning these regulations and rules will not be accepted as an excuse for any transgression.