

University of Pretoria Yearbook 2020

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, FLG 221 GS and FLG 222 GS
Contact time	1 practical per week, 2 lectures 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 with exercise descriptions for the South African context taught within the framework of the UN Sustainable Development Goal 3 (Good Health and Well-being).

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