



University of Pretoria Yearbook 2022

Exercise and nutrition science 331 (FLG 331)

Qualification	Undergraduate
Faculty	Faculty of Health Sciences
Module credits	18.00
NQF Level	07
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 257 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).

The regulations and rules for the degrees published here are subject to change and may be amended after the publication of this information.

The [General Academic Regulations \(G Regulations\)](#) and [General Student Rules](#) apply to all faculties and registered students of the University, as well as all prospective students who have accepted an offer of a place at the University of Pretoria. On registering for a programme, the student bears the responsibility of ensuring that they familiarise themselves with the General Academic Regulations applicable to their registration, as well as the relevant faculty-specific and programme-specific regulations and information as stipulated in the relevant yearbook. Ignorance concerning these regulations will not be accepted as an excuse for any transgression, or basis for an exception to any of the aforementioned regulations.