



University of Pretoria Yearbook 2022

Exercise and training principles 151 (JXE 151)

Qualification	Undergraduate
Faculty	Faculty of Education
Module credits	8.00
NQF Level	05
Programmes	Higher Certificate in Sports Sciences
Prerequisites	No prerequisites.
Contact time	Online hybrid supported, Sport code dependent
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	Year

Module content

The main focus of this practical module is to introduce students to coaching and adjudication. Students must acquire a recognised sport coaching, refereeing and umpiring certificate in their selected sport. Students will also be introduced to fundamentals of developing a sport conditioning programme.

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