

University of Pretoria Yearbook 2016

Laboratory and gymnasium practice 359 (BGN 359)

Qualification	Undergraduate
Faculty	Faculty of Humanities
Module credits	15.00
Prerequisites	No prerequisites.
Contact time	1 practical per week
Language of tuition	Double Medium
Academic organisation	Sport and Leisure Studies
Period of presentation	Year

Module content

*Closed – requires departmental selection

After completion of this module the student will be able to perform the following applied physiological practical tests during talent identification and programme prescription: static lung functions, direct maximal oxygen consumption, indirect maximal oxygen consumption, anaerobic power tests, anthropometry, and the Wingate anaerobic muscle endurance test. Furthermore, the student will be taught on subjects such as gymnasium layout, warm-up techniques and training methods with reference to traditional anatomical areas.

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