



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.

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