
University of Pretoria Yearbook 2016

Human movement studies 310 (JMB 310)

Qualification	Undergraduate
Faculty	Faculty of Education
Module credits	9.00
Prerequisites	No prerequisites.
Language of tuition	Both Afr and Eng
Academic organisation	Humanities Education
Period of presentation	Semester 1

Module content

Theory: Movement and exercise physiology
Effects of physical activities on the human body, energy sources, etc.
Exercise and fitness factors, principles of gymnasium practice.

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