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# University of Pretoria Yearbook 2016

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## Exercise science 353 (MBK 353)

<b>Qualification</b>	Undergraduate
<b>Faculty</b>	<a href="#">Faculty of Humanities</a>
<b>Module credits</b>	10.00
<b>Prerequisites</b>	Admission into relevant programme
<b>Language of tuition</b>	Double Medium
<b>Academic organisation</b>	Sport and Leisure Studies
<b>Period of presentation</b>	Quarter 3

### Module content

\*Closed – requires departmental selection

Exercise science in this module focuses on exercise principles that can be applied in the exercise industry. The student is exposed to the latest international trends regarding total wellness programmes, design and evaluation of exercise programmes, applying well researched training principles, together with latest recommendations regarding isokinetic exercise and testing, women and exercise and other relevant exercise science themes.

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