

University of Pretoria Yearbook 2016

Exercise science 717 (MBK 717)

Qualification	Postgraduate
Faculty	Faculty of Humanities
Module credits	27.00
Programmes	BAHMSHons Sports Science
Prerequisites	No prerequisites.
Contact time	1 lecture per week
Language of tuition	Both Afr and Eng
Academic organisation	Sport and Leisure Studies
Period of presentation	Year

Module content

Purpose, planning and risk management in exercise testing and prescription. Physical activity in life, health and performance. Exercise testing and prescription of physical fitness components. Advanced exercise science considerations for the elite athlete.

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