

University of Pretoria Yearbook 2017

Bioenergetics 251 (BGN 251)

Qualification Undergraduate

Faculty [Faculty of Humanities](#)

Module credits 10.00

Prerequisites BGN 155

Contact time 1 practical per week, 3 lectures per week

Language of tuition Afrikaans and English is used in one class

Academic organisation Sport and Leisure Studies

Period of presentation Quarter 2

Module content

*Closed – requires departmental selection

This module focuses on the dynamics of the human energy systems and related physiology before, during and after physical activity and/or exercise. It comprises the study of anaerobic and aerobic metabolism, maintenance of the acid-base balance in the body and the role of ergogenic substances.

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