

University of Pretoria Yearbook 2017

Applied exercise science (Gymnasium) 355 (BGN 355)

Qualification	Undergraduate
Faculty	Faculty of Humanities
Module credits	15.00
Prerequisites	No prerequisites.
Contact time	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 1

Module content

*Closed - requires departmental selection

The student will be taught on disciplines such as gymnasium layout, warm-up techniques and training methods with reference to traditional anatomical areas.

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