



# University of Pretoria Yearbook 2017

## Laboratory and gymnasium practice 359 (BGN 359)

**Qualification** Undergraduate

**Faculty** [Faculty of Humanities](#)

**Module credits** 15.00

**Prerequisites** No prerequisites.

**Contact time** 1 practical per week

**Language of tuition** Afrikaans and English is used in one class

**Academic organisation** Sport and Leisure Studies

**Period of presentation** Year

### Module content

\*Closed – requires departmental selection

After completion of this module the student will be able to perform the following applied physiological practical tests during talent identification and programme prescription: static lung functions, direct maximal oxygen consumption, indirect maximal oxygen consumption, anaerobic power tests, anthropometry, and the Wingate anaerobic muscle endurance test. Furthermore, the student will be taught on subjects such as gymnasium layout, warm-up techniques and training methods with reference to traditional anatomical areas.

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