

University of Pretoria Yearbook 2017

Exercise science programme development 121 (EXE 121)

Qualification	Undergraduate
Faculty	Faculty of Health Sciences
Module credits	12.00
Programmes	BSportSci
Contact time	3 lectures per week
Language of tuition	Module is presented in English
Academic organisation	Biokinetics and Sports Science
Period of presentation	Semester 2

Module content

*Closed – requires departmental selection

This module focuses on the basic principles of exercise programme design. Students will gain a basic understanding of the fundamental concepts related to exercise and will be provided with a solid background regarding the development of an exercise program. Programme development aspects for cardiorespiratory exercise, weight management and body composition programs, stretching and flexibility training, strength and endurance training, speed development and plyometrics, balance and proprioception programs, exercise selection, and periodisation are included.

The information published here is subject to change and may be amended after the publication of this information. The [General Regulations \(G Regulations\)](#) apply to all faculties of the University of Pretoria. It is expected of students to familiarise themselves well with these regulations as well as with the information contained in the [General Rules](#) section. Ignorance concerning these regulations and rules will not be accepted as an excuse for any transgression.