



University of Pretoria Yearbook 2017

Exercise and training principles 151 (EXE 151)

Qualification Undergraduate

Faculty [Faculty of Humanities](#)

Module credits 6.00

Prerequisites No prerequisites.

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

Introduction to physical fitness, multidimensional character of physical fitness, sport specific vs health-related fitness components, physiological effects of training, and application of training principles.

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