
University of Pretoria Yearbook 2017

Exercise science 717 (MBK 717)

Qualification Postgraduate

Faculty [Faculty of Humanities](#)

Module credits 27.00

Prerequisites No prerequisites.

Contact time 1 lecture per week

Language of tuition Separate classes for Afrikaans and English

Academic organisation Sport and Leisure Studies

Period of presentation Year

Module content

Purpose, planning and risk management in exercise testing and prescription. Physical activity in life, health and performance. Exercise testing and prescription of physical fitness components. Advanced exercise science considerations for the elite athlete.

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