

University of Pretoria Yearbook 2018

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 are used in one class

Department 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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