

University of Pretoria Yearbook 2018

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 are used in one class

Department 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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