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# University of Pretoria Yearbook 2018

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## Exercise and training principles 142 (EXE 142)

**Qualification** Undergraduate

**Faculty** [Faculty of Health Sciences](#)

**Module credits** 6.00

**Contact time** 3 lectures per week

**Language of tuition** Afrikaans and English are used in one class

**Department** Biokinetics and Sports Science

**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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