

# University of Pretoria Yearbook 2018

## Exercise and nutrition science 331 (FLG 331)

**Qualification** Undergraduate

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

**Module credits** 18.00

**Programmes** [BSc Human Physiology](#)

[BSc Human Physiology, Genetics and Psychology](#)

**Service modules** Faculty of Natural and Agricultural Sciences

**Prerequisites** BCM 251 GS, BCM 252 GS, BCM 261 GS, BCM 262 GS, FLG 221 and FLG 222

**Contact time** 1 practical per week, 2 lectures per week

**Language of tuition** Module is presented in English

**Department** Physiology

**Period of presentation** Semester 2

### Module content

Mechanisms of muscle contraction and energy sources. Cardio-respiratory changes, thermo-regulation and other adjustments during exercise. Use and misuse of substances to improve performance. Practical work: Applied practical work

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