

University of Pretoria Yearbook 2018

Exercise science 353 (MBK 353)

Qualification	Undergraduate
Faculty	Faculty of Humanities
Module credits	10.00
Prerequisites	Admission into relevant programme
Language of tuition	Afrikaans and English are used in one class
Department	Sport and Leisure Studies
Period of presentation	Quarter 3

Module content

*Closed – requires departmental selection

Exercise science in this module focuses on exercise principles that can be applied in the exercise industry. The student is exposed to the latest international trends regarding total wellness programmes, design and evaluation of exercise programmes, applying well researched training principles, together with latest recommendations regarding isokinetic exercise and testing, women and exercise and other relevant exercise science themes.

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