



University of Pretoria Yearbook 2020

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	Module is presented in English
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.

The information published here is subject to change and may be amended after the publication of this information. The [General Regulations \(G Regulations\)](#) apply to all faculties of the University of Pretoria. It is expected of students to familiarise themselves well with these regulations as well as with the information contained in the [General Rules](#) section. Ignorance concerning these regulations and rules will not be accepted as an excuse for any transgression.