

# University of Pretoria Yearbook 2020

## Exercise and nutrition science 331 (FLG 331)

<b>Qualification</b>	Undergraduate
<b>Faculty</b>	<a href="#">Faculty of Health Sciences</a>
<b>Module credits</b>	18.00
<b>Programmes</b>	<a href="#">BSc Biochemistry</a> <a href="#">BSc Human Genetics</a> <a href="#">BSc Human Physiology</a> <a href="#">BSc Human Physiology, Genetics and Psychology</a> <a href="#">BSc Medical Sciences</a>
<b>Service modules</b>	Faculty of Natural and Agricultural Sciences
<b>Prerequisites</b>	BCM 251 GS, BCM 252 GS, BCM 261 GS, FLG 221 GS and FLG 222 GS
<b>Contact time</b>	1 practical per week, 2 lectures per week
<b>Language of tuition</b>	Module is presented in English
<b>Department</b>	Physiology
<b>Period of presentation</b>	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 with exercise descriptions for the South African context taught within the framework of the UN Sustainable Development Goal 3 (Good Health and Well-being).

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