

# University of Pretoria Yearbook 2020

## Exercise and training principles 151 (JXE 151)

**Qualification** Undergraduate

**Faculty** [Faculty of Education](#)

**Module credits** 8.00

**Programmes** [Higher Certificate Sports Science Education](#)

**Prerequisites** No prerequisites.

**Contact time** Online hybrid supported, Sport code dependent

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

**Department** Humanities Education

**Period of presentation** Year

### Module content

The main focus of this practical module is to introduce students to coaching and adjudication. Students must acquire a recognised sport coaching, refereeing and umpiring certificate in their selected sport. Students will also be introduced to fundamentals of developing a sport conditioning programme.

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