

University of Pretoria Yearbook 2020

Sports science 723 (MBK 723)

Qualification	Postgraduate
Faculty	Faculty of Health Sciences
Module credits	25.00
Programmes	BScHons Sports Science
Contact time	1 lecture per week, 1 practical per week
Language of tuition	Module is presented in English
Department	Biokinetics and Sports Science
Period of presentation	Year

Module content

This subject promotes the detailed investigation of the theoretical basis of exercise testing for sport-related physical fitness and exercise prescription for improved sport performance, and includes a practical review of measurement and evaluation, exercise testing, exercise programme design and strength and conditioning skills and knowledge. The student will be expected to complete 20 hours of Sport First aid.

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