

# University of Pretoria Yearbook 2021

## Exercise science programme development 121 (EXE 121)

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| <b>Qualification</b>          | Undergraduate                              |
| <b>Faculty</b>                | <a href="#">Faculty of Health Sciences</a> |
| <b>Module credits</b>         | 12.00                                      |
| <b>NQF Level</b>              | 05   |
| <b>Programmes</b>             | <a href="#">BSportSci</a>                  |
| <b>Contact time</b>           | 3 lectures per week                        |
| <b>Language of tuition</b>    | Module is presented in English             |
| <b>Department</b>             | Biokinetics and Sports Science             |
| <b>Period of presentation</b> | Semester 2                                 |

### Module content

\*Closed – requires departmental selection

This module focuses on the basic principles of exercise programme design. Students will gain a basic understanding of the fundamental concepts related to exercise and will be provided with a solid background regarding the development of an exercise program. Programme development aspects for cardiorespiratory exercise, weight management and body composition programs, stretching and flexibility training, strength and endurance training, speed development and plyometrics, balance and proprioception programs, exercise selection, and periodisation are included.

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