

University of Pretoria Yearbook 2021

Exercise and training principles 142 (EXE 142)

Qualification	Undergraduate
Faculty	Faculty of Health Sciences
Module credits	6.00
NQF Level	05
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.

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