

University of Pretoria Yearbook 2021

Exercise science 717 (MBK 717)

Qualification	Postgraduate
Faculty	Faculty of Humanities
Module credits	27.00
NQF Level	08
Prerequisites	No prerequisites.
Contact time	1 lecture per week
Language of tuition	Module is presented in English
Department	Sport and Leisure Studies
Period of presentation	Year

Module content

Purpose, planning and risk management in exercise testing and prescription. Physical activity in life, health and performance. Exercise testing and prescription of physical fitness components. Advanced exercise science considerations for the elite athlete.

The information published here is subject to change and may be amended after the publication of this information. The [General Regulations \(G Regulations\)](#) apply to all faculties of the University of Pretoria. It is expected of students to familiarise themselves well with these regulations as well as with the information contained in the [General Rules](#) section. Ignorance concerning these regulations and rules will not be accepted as an excuse for any transgression.