

University of Pretoria Yearbook 2021

Sports science 723 (MBK 723)

Qualification Postgraduate

Faculty [Faculty of Health Sciences](#)

Module credits 25.00

NQF Level 08

Programmes [BSchHons 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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