

University of Pretoria Yearbook 2022

Exercise science programme development 121 (EXE 121)

Qualification	Undergraduate
Faculty	Faculty of Health Sciences
Module credits	12.00
NQF Level	05
Programmes	BSportSci
Contact time	3 lectures per week
Language of tuition	Module is presented in English
Department	Biokinetics and Sports Science
Period of presentation	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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