

# University of Pretoria Yearbook 2022

## Exercise and training principles 142 (EXE 142)

<b>Qualification</b>	Undergraduate
<b>Faculty</b>	<a href="#">Faculty of Health Sciences</a>
<b>Module credits</b>	6.00
<b>NQF Level</b>	05
<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>	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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