

# University of Pretoria Yearbook 2022

## Exercise science 717 (MBK 717)

<b>Qualification</b>	Postgraduate
<b>Faculty</b>	<a href="#">Faculty of Humanities</a>
<b>Module credits</b>	27.00
<b>NQF Level</b>	08
<b>Prerequisites</b>	No prerequisites.
<b>Contact time</b>	1 lecture per week
<b>Language of tuition</b>	Module is presented in English
<b>Department</b>	Sport and Leisure Studies
<b>Period of presentation</b>	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.

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