

# University of Pretoria Yearbook 2022

## Sports science 723 (MBK 723)

**Qualification** Postgraduate

**Faculty** [Faculty of Health Sciences](#)

**Module credits** 25.00

**NQF Level** 08

**Programmes** [BSchons 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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