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# University of Pretoria Yearbook 2016

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## Exercise and training principles 151 (EXE 151)

<b>Qualification</b>	Undergraduate
<b>Faculty</b>	<a href="#">Faculty of Humanities</a>
<b>Module credits</b>	6.00
<b>Programmes</b>	<a href="#">HCert (Sports Science) Option: Education</a> <a href="#">HCert (Sports Science) Option: Sports Coaching</a>
<b>Prerequisites</b>	No prerequisites.
<b>Language of tuition</b>	Double Medium
<b>Academic organisation</b>	Sport and Leisure Studies
<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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