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# University of Pretoria Yearbook 2016

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## Strength and conditioning in sport 320 (YCS 320)

<b>Qualification</b>	Undergraduate
<b>Faculty</b>	<a href="#">Faculty of Humanities</a>
<b>Module credits</b>	30.00
<b>Programmes</b>	<a href="#">BA Option: Sports Coaching Science</a>
<b>Prerequisites</b>	YCS 310
<b>Contact time</b>	3 lectures per week
<b>Language of tuition</b>	Double Medium
<b>Academic organisation</b>	Sport and Leisure Studies
<b>Period of presentation</b>	Semester 2

### Module content

In this module principles of strength and conditioning planning in the design of training programmes for diversified sport contexts are analysed and combined.

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