

University of Pretoria Yearbook 2017

Strength and conditioning in sport 320 (YCS 320)

Qualification	Undergraduate
Faculty	Faculty of Humanities
Module credits	30.00
Programmes	BA Sport and Leisure Studies Sports Coaching Science
Prerequisites	YCS 310
Contact time	3 lectures per week
Language of tuition	Afrikaans and English is used in one class
Academic organisation	Sport and Leisure Studies
Period of presentation	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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