



University of Pretoria Yearbook 2021

Strength and conditioning in sport 320 (YCS 320)

Qualification	Undergraduate
Faculty	Faculty of Humanities
Module credits	30.00
NQF Level	07
Prerequisites	YCS 310
Contact time	3 lectures per week
Language of tuition	Module is presented in English
Department	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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