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# University of Pretoria Yearbook 2016

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## Exercise techniques and programme design 357 (BGN 357)

<b>Qualification</b>	Undergraduate
<b>Faculty</b>	<a href="#">Faculty of Humanities</a>
<b>Module credits</b>	15.00
<b>Prerequisites</b>	No prerequisites.
<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>	Quarter 3

### Module content

\*Closed – requires departmental selection

In this module the focus is primarily on the development of flexibility, speed and strength. A penetrating analysis is done on different training methods and techniques, training volume and frequency, and periodization of training programmes.

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