

University of Pretoria Yearbook 2016

Programme development 160 (EXE 160)

Qualification	Undergraduate
Faculty	Faculty of Health Sciences
Module credits	12.00
Contact time	3 lectures per week
Language of tuition	Double Medium
Academic organisation	Biokinetics and Sports Science
Period of presentation	Semester 2

Module content

*Closed - requires departmental selection

Development of programmes for stretching and flexibility training, strength training, speed development and plyometrics, endurance training, exercise selection, and periodisation. Sport specific. Periodisation: concepts and applications.

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