



University of Pretoria Yearbook 2016

Programme development 251 (EXE 251)

Qualification	Undergraduate
Faculty	Faculty of Humanities
Module credits	8.00
Prerequisites	No prerequisites.
Language of tuition	Double Medium
Academic organisation	Sport and Leisure Studies
Period of presentation	Quarter 3

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.

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