



University of Pretoria Yearbook 2016

Strength and conditioning in sport 320 (YCS 320)

Qualification	Undergraduate
Faculty	Faculty of Humanities
Module credits	30.00
Programmes	BA Option: Sports Coaching Science
Prerequisites	YCS 310
Contact time	3 lectures per week
Language of tuition	Double Medium
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.

The information published here is subject to change and may be amended after the publication of this information. The [General Regulations \(G Regulations\)](#) apply to all faculties of the University of Pretoria. It is expected of students to familiarise themselves well with these regulations as well as with the information contained in the [General Rules](#) section. Ignorance concerning these regulations and rules will not be accepted as an excuse for any transgression.