
University of Pretoria Yearbook 2017

Programme development 251 (EXE 251)

Qualification Undergraduate

Faculty [Faculty of Humanities](#)

Module credits 8.00

Prerequisites No prerequisites.

Language of tuition Afrikaans and English is used in one class

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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