

University of Pretoria Yearbook 2018

Exercise techniques and programme design 357 (BGN 357)

Qualification Undergraduate

Faculty [Faculty of Humanities](#)

Module credits 15.00

Prerequisites No prerequisites.

Contact time 3 lectures per week

Language of tuition Afrikaans and English are used in one class

Department Sport and Leisure Studies

Period of presentation 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.

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.