
University of Pretoria Yearbook 2020

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	Module is presented in English
Department	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.

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.