

University of Pretoria Yearbook 2021

Strength and conditioning in sport 320 (YCS 320)

Qualification Undergraduate

Faculty [Faculty of Humanities](#)

Module credits 30.00

NQF Level 07

Prerequisites YCS 310

Contact time 3 lectures per week

Language of tuition Module is presented in English

Department 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.

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