

# University of Pretoria Yearbook 2022

## Programme development 160 (EXE 160)

<b>Qualification</b>	Undergraduate
<b>Faculty</b>	<a href="#">Faculty of Health Sciences</a>
<b>Module credits</b>	12.00
<b>NQF Level</b>	05
<b>Contact time</b>	3 lectures per week
<b>Language of tuition</b>	Module is presented in English
<b>Department</b>	Biokinetics and Sports Science
<b>Period of presentation</b>	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.

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