

# University of Pretoria Yearbook 2022

## 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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