

Open Courses • Lisboa

# RANGE OF MOTION FOR CHILDREN AND YOUNG PEOPLE IN PHYSICAL EDUCATION AND TRAINING



## Direction

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## Duration

0 Years

## Credits

0 ects

## Presentation

# STUDY PLAN

## 1st Year / Common Core

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|                                                             |      |
|-------------------------------------------------------------|------|
| Anual                                                       | ects |
| Range of Motion Extension Module - Demystifying Flexibility | 2    |