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# Courses description

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- PATL039C - [Basic Athletic Excersises](#)
  - PATL089C - [Athletics I](#)
  - PATL090C - [Athletics II](#)
  - PATL081N - [Didactics of Athletics](#)
  - PATL053 - [Athletic Training and Conditioning](#)
  - PATL058 - [Athletic Training](#)
  - PATL619 - [Didactic performance](#)
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- ABC Runnig Drills
  - ABC Jumping Drills
  - ABC Throwing Drills
  - Didactic output