



**BUSINESS STUDIES
GRADE 10
PAPER 2
TERM 2
CHAPTER 10 (PART 2)
FORMS OF OWNERSHIP
REVISED NOTES
2024**

TABLE OF CONTENTS

TOPICS	PAGES
Exam guidelines for forms of ownership	2
Terms and definitions	3
Differences between profit and non-profit organisations/companies	3
Classification of forms of ownership according to profit & non-profit company	4
Definition/Characteristics/Advantages & Disadvantages of a non-profit company	4-10
Definition and types of co-operatives	10-11
Characteristics/Advantages & Disadvantages co-operatives	12-13

This chapter consists of 11 pages

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Table of Contents Business Studies Study Guide For Grade10

1. Understanding the eBook Business Studies Study Guide For Grade10
 - The Rise of Digital Reading Business Studies Study Guide For Grade10
 - Advantages of eBooks Over Traditional Books
2. Identifying Business Studies Study Guide For Grade10
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Business Studies Study Guide For Grade10
 - User-Friendly Interface
4. Exploring eBook Recommendations from Business Studies Study Guide For Grade10
 - Personalized Recommendations
 - Business Studies Study Guide For Grade10 User Reviews and Ratings
 - Business Studies Study Guide For Grade10 and Bestseller Lists
5. Accessing Business Studies Study Guide For Grade10 Free and Paid eBooks
 - Business Studies Study Guide For Grade10 Public Domain eBooks
 - Business Studies Study Guide For Grade10 eBook Subscription Services

- Business Studies Study Guide For Grade10 Budget-Friendly Options
- 6. Navigating Business Studies Study Guide For Grade10 eBook Formats
 - ePUB, PDF, MOBI, and More
 - Business Studies Study Guide For Grade10 Compatibility with Devices
 - Business Studies Study Guide For Grade10 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Business Studies Study Guide For Grade10
 - Highlighting and Note-Taking Business Studies Study Guide For Grade10
 - Interactive Elements Business Studies Study Guide For Grade10
- 8. Staying Engaged with Business Studies Study Guide For Grade10
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Business Studies Study Guide For Grade10
- 9. Balancing eBooks and Physical Books Business Studies Study Guide For Grade10
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Business Studies Study Guide For Grade10
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Business Studies Study Guide For Grade10
 - Setting Reading Goals Business Studies Study Guide For Grade10
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Business Studies Study Guide For Grade10
 - Fact-Checking eBook Content of Business Studies Study Guide For Grade10
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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web oct 17 2023 recreational runners tend to have a cadence between 150 to 180 strides per minute. SPM faster runners as we've seen often have a higher cadence. For example, Eliud Kipchoge, the marathon world record holder is known to achieve a cadence of 190-200 SPM. In general, 170-180 SPM is considered a great running cadence.

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web apr 16 2021 Your cadence is determined by your running skill, history of training, and anatomy. Taller runners, for example, will naturally have lower cadences. Every runner has a distinct cadence style. One runner may take large strides and run efficiently, while another may take more steps per minute and run efficiently.