

Basic Sports Science – Schedule

Topic	Module	Date	Time	Hours
Basic Sports Science (Intake 51)	Lesson 1: Introduction to Exercise & Sports Science	Tuesday, 9 October 2018	1930 – 2130	2
	Lesson 2: Introduction to Exercise & Sports Science	Thursday, 11 October 2018	1930 – 2130	2
	Lesson 3: Sports Physiology	Saturday, 13 October 2018	0900 - 1300	4
	Lesson 4: Anatomy and Injury Prevention	Tuesday, 16 October 2018	1930 – 2130	2
	Lesson 5: Anatomy and Injury Prevention	Thursday, 18 October 2018	1930 – 2130	2
	Lesson 6: Sports Biomechanics	Saturday, 20 October 2018	0900 - 1300	4
	Lesson 7: Sports Psychology	Tuesday, 23 October 2018	1930 – 2130	2
	Lesson 8: Sports Psychology	Thursday, 25 October 2018	1930 – 2130	2
	Lesson 9: Sports Nutrition	Saturday, 27 October 2018	0900 - 1300	4
	Lesson 10: Strength and Conditioning	Tuesday, 30 October 2018	1930 – 2130	2
	Lesson 11: Strength and Conditioning	Thursday, 1 November 2018	1930 – 2130	2
	Examinations	Monday, 12 November 2018	1900 – 2130	2.5
	Re-Examinations	Monday, 26 November 2018	1900 – 2130	2.5

**NOTE - Please refer to the Examination / Re-examination information to be shared on Day 1 by the course coordinator*