

**Basic Sports Science – Schedule**

Topic	Module	Date	Time	Hours
<b>Basic Sports Science (Intake 52)</b>	Lesson 1: Introduction to Exercise & Sports Science	Saturday, 20 October 2018	0900 - 1300	4
	Lesson 2: Sports Physiology	Tuesday, 23 October 2018	1930 – 2130	2
	Lesson 3: Sports Physiology	Thursday, 25 October 2018	1930 – 2130	2
	Lesson 4: Anatomy and Injury Prevention	Saturday, 27 October 2018	0900 - 1300	4
	Lesson 5: Sports Biomechanics	Tuesday, 30 October 2018	1930 – 2130	2
	Lesson 6: Sports Biomechanics	Thursday, 1 November 2018	1930 – 2130	2
	Lesson 7: Sports Psychology	Saturday, 3 November 2018	0900 - 1300	4
	Lesson 8: Sports Nutrition	Saturday, 10 November 2018	0900 - 1300	4
	Lesson 9: Strength and Conditioning	Tuesday, 13 November 2018	1930 – 2130	2
	Lesson 10: Strength and Conditioning	Thursday, 15 November 2018	1930 – 2130	2
	<b>Examinations</b>	<b>Wednesday, 28 November 2018</b>	<b>1900 – 2130</b>	<b>2.5</b>
	<b>Re-Examinations</b>	<b>Wednesday, 12 December 2018</b>	<b>1900 – 2130</b>	<b>2.5</b>

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