

Basic Sports Science – Schedule

Topic	Module	Date	Time	Hours
Basic Sports Science (Intake 53)	Lesson 1: Introduction to Exercise & Sports Science	Saturday, 3 November 2018	0900 - 1300	4
	Lesson 2: Sports Physiology	Saturday, 10 November 2018	0900 - 1300	4
	Lesson 3: Anatomy and Injury Prevention	Tuesday, 13 November 2018	1930 – 2130	2
	Lesson 4: Anatomy and Injury Prevention	Thursday, 15 November 2018	1930 – 2130	2
	Lesson 5: Sports Biomechanics	Saturday, 17 November 2018	0900 - 1300	4
	Lesson 6: Sports Psychology	Tuesday, 20 November 2018	1930 – 2130	2
	Lesson 7: Sports Psychology	Thursday, 22 November 2018	1930 – 2130	2
	Lesson 8: Sports Nutrition	Saturday, 24 November 2018	0900 - 1300	4
	Lesson 9: Strength and Conditioning	Tuesday, 27 November 2018	1930 – 2130	2
	Lesson 10: Strength and Conditioning	Thursday, 29 November 2018	1930 – 2130	2
	Examinations	Monday, 10 December 2018	1900 – 2130	2.5
	Re-Examinations	Wednesday, 2 January 2019	1900 – 2130	2.5

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