

Basic Sports Science Intake 55 – Schedule

Topic	Lessons	Date	Time	Hours
Basic Sports Science Intake 55	Lesson 1: Introduction to Exercise & Sports Science	Saturday, 12 Jan 2019	0900 - 1300	4
	Lesson 2: Sports Physiology	Tuesday, 15 Jan 2019	1930 - 2130	2
	Lesson 3: Sports Physiology	Thursday, 17 Jan 2019	1930 - 2130	2
	Lesson 4: Anatomy & Injury Prevention	Saturday, 19 Jan 2019	0900 - 1300	4
	Lesson 5: Sports Biomechanics	Tuesday, 22 Jan 2019	1930 - 2130	2
	Lesson 6: Sports Biomechanics	Thursday, 24 Jan 2019	1930 - 2130	2
	Lesson 7: Sports Psychology	Saturday, 26 Jan 2019	0900 - 1300	4
	Lesson 8: Sports Nutrition	Tuesday, 29 Jan 2019	1930 - 2130	2
	Lesson 9: Sports Nutrition	Thursday, 31 Jan 2019	1930 - 2130	2
	Lesson 10: Strength and Conditioning	Saturday, 2 Feb 2019	0900 - 1300	4
	Examination	Wednesday, 13 Feb 2019	1900 - 2130	2.5
	Re-examination	Wednesday, 27 Feb 2019	1900 - 2130	2.5

*Information may be subject to changes.