

Basic Sports Science Intake 56 – Schedule

Topic	Lessons	Date	Time	Hours
Basic Sports Science Intake 56	Lesson 1: Introduction to Exercise & Sports Science	Saturday, 9 Feb 2019	0900 - 1300	4
	Lesson 2: Sports Physiology	Tuesday, 12 Feb 2019	1930 - 2130	2
	Lesson 3: Sports Physiology	Thursday, 14 Feb 2019	1930 - 2130	2
	Lesson 4: Anatomy & Injury Prevention	Saturday, 16 Feb 2019	0900 - 1300	4
	Lesson 5: Sports Biomechanics	Tuesday, 19 Feb 2019	1930 - 2130	2
	Lesson 6: Sports Biomechanics	Thursday, 21 Feb 2019	1930 - 2130	2
	Lesson 7: Sports Psychology	Saturday, 23 Feb 2019	0900 - 1300	4
	Lesson 8: Sports Nutrition	Tuesday, 26 Feb 2019	1930 - 2130	2
	Lesson 9: Sports Nutrition	Thursday, 28 Feb 2019	1930 - 2130	2
	Lesson 10: Strength and Conditioning	Saturday, 2 Mar 2019	0900 - 1300	4
	Examination	Thursday, 14 Mar 2019	1900 - 2130	2.5
	Re-examination	Thursday, 28 Mar 2019	1900 - 2130	2.5

*Information may be subject to changes.