

Basic Sports Science Intake 75 – Schedule

Topic	Lessons	Date	Time	Hours	Room
Basic Sports Science Intake 75	Lesson 1A : Introduction to ESS	Tuesday, 13 Oct 2020	7.30pm to 9.30pm	2	LR – E5
	Lesson 1B : Introduction to ESS	Thursday, 15 Oct 2020	7.30pm to 9.30pm	2	
	Lesson 2 : Sports Physiology	Saturday, 17 Oct 2020	9.00am – 1.00pm	4	
	Lesson 3A : Anatomy and Injury Prevention	Tuesday, 20 Oct 2020	7.30pm to 9.30pm	2	
	Lesson 3B : Anatomy and Injury Prevention	Thursday, 22 Oct 2020	7.30pm to 9.30pm	2	
	Lesson 4 : Sports Biomechanics	Saturday, 24 Oct 2020	9.00am – 1.00pm	4	
	Lesson 5A : Sports Psychology	Tuesday, 27 Oct 2020	7.30pm to 9.30pm	2	
	Lesson 5B : Sports Psychology	Thursday, 29 Oct 2020	7.30pm to 9.30pm	2	
	Lesson 6 : Sports Nutrition	Saturday, 31 Oct 2020	9.00am – 1.00pm	4	
	Lesson 7A : Strength and Conditioning	Tuesday, 3 Nov 2020	7.30pm to 9.30pm	2	
	Lesson 7B : Strength and Conditioning	Thursday, 5 Nov 2020	7.30pm to 9.30pm	2	
	Examination	Wednesday, 18 Nov 2020	7.00pm to 9.30pm	2.5	
	Re-Examination	Wednesday, 2 Dec 2020	7.00pm to 9.30pm	2.5	