

Basic Sports Science Intake 77 – Schedule

Topic	Lesson	Date	Time	Hours	Room
Basic Sports Science Intake 77	Lesson 1A : Introduction to ESS	Tuesday, 5 Jan 21	7.30pm to 9.30pm	2	
	Lesson 1B : Introduction to ESS	Thursday, 7 Jan 21	7.30pm to 9.30pm	2	
	Lesson 2 : Sports Physiology	Saturday, 9 Jan 21	9.00am to 1.00pm	4	
	Lesson 3A : Anatomy and Injury Prevention	Tuesday, 12 Jan 21	7.30pm to 9.30pm	2	
	Lesson 3B : Anatomy and Injury Prevention	Thursday, 14 Jan 21	7.30pm to 9.30pm	2	
	Lesson 4 : Sports Biomechanics	Saturday, 16 Jan 21	9.00am to 1.00pm	4	
	Lesson 5A : Sports Psychology	Tuesday, 19 Jan 21	7.30pm to 9.30pm	2	
	Lesson 5B : Sports Psychology	Thursday, 21 Jan 21	7.30pm to 9.30pm	2	
	Lesson 6A : Sports Nutrition	Saturday, 23 Jan 21	7.30pm to 9.30pm	2	
	Lesson 6B : Sports Nutrition	Tuesday, 26 Jan 21	7.30pm to 9.30pm	2	
	Lesson 7 : Strength and Conditioning	Thursday, 28 Jan 21	9.00am to 1.00pm	4	
	Examination	Wednesday, 10 Feb 21	7.00pm to 9.30pm	2.5	
	Re-Examination	Wednesday, 24 Feb 21	7.00pm to 9.30pm	2.5	