

Basic Sports Science Intake 78 – Schedule

Topic	Lesson	Date	Time	Hours	Room
Basic Sports Science Intake 78	Lesson 1A : Introduction to ESS	Saturday, 16 Jan 21	9 am to 1 pm	4	
	Lesson 2A : Sports Physiology	Tuesday, 19 Jan 21	7.30 to 9.30 pm	2	
	Lesson 2B : Sports Physiology	Thursday, 21 Jan 21	7.30 to 9.30 pm	2	
	Lesson 3 : Anatomy and Injury Prevention	Saturday, 23 Jan 21	9 am to 1 pm	4	
	Lesson 4A : Sports Biomechanics	Tuesday, 26 Jan 21	7.30 to 9.30 pm	2	
	Lesson 4B: Sports Biomechanics	Thursday, 28 Jan 21	7.30 to 9.30 pm	2	
	Lesson 5 : Sports Psychology	Saturday, 30 Jan 21	9 am to 1 pm	4	
	Lesson 6A : Sports Nutrition	Tuesday, 2 Feb 21	7.30 to 9.30 pm	2	
	Lesson 6B : Sports Nutrition	Thursday, 4 Feb 21	7.30 to 9.30 pm	2	
	Lesson 7 : Strength and Conditioning	Saturday, 6 Feb 21	9 am to 1 pm	4	
	Examination	Monday, 22 Feb 21	7 to 9.30 pm	2	
	Re-Examination	Monday, 8 Mar 21	7 to 9.30 pm	2	