

**Specialist Diploma in Sport Science and Wellness**

## PDC1 | Post-Diploma Certificate in Health and Wellness

<b>MODULE CODE   MODULE TITLE</b>	<b>LESSON NO.</b>	<b>LESSON START DATE</b>	<b>START TIME</b>	<b>END TIME</b>	<b>VENUE</b>
S3709C   Fitness and Conditioning	Lesson 1	Tuesday, 21 June 2022	19:00:00	22:00:00	F2F at RP venue
	Lesson 2	Tuesday, 28 June 2022	19:00:00	22:00:00	HBL
	Lesson 3	Tuesday, 5 July 2022	19:00:00	22:00:00	F2F at RP venue
	Lesson 4	Tuesday, 12 July 2022	19:00:00	22:00:00	F2F at RP venue
	Lesson 5	Tuesday, 19 July 2022	19:00:00	22:00:00	F2F at RP venue
	Lesson 6	Tuesday, 26 July 2022	19:00:00	22:00:00	F2F at RP venue
	Lesson 7	Tuesday, 2 August 2022	19:00:00	22:00:00	F2F at RP venue
	Lesson 8	Monday, 8 August 2022	19:00:00	22:00:00	ELEARNING
	Lesson 9	Tuesday, 16 August 2022	19:00:00	22:00:00	F2F at RP venue
	Lesson 10	Tuesday, 23 August 2022	19:00:00	22:00:00	ELEARNING
	Lesson 11	Tuesday, 30 August 2022	19:00:00	22:00:00	F2F at RP venue
	Lesson 12	Tuesday, 6 September 2022	19:00:00	22:00:00	ELEARNING
	Lesson 13	Tuesday, 13 September 2022	19:00:00	22:00:00	F2F at RP venue
	Lesson 14	Tuesday, 20 September 2022	19:00:00	22:00:00	ELEARNING
	Lesson 15	Tuesday, 27 September 2022	19:00:00	22:00:00	HBL
	Lesson 1	Thursday, 23 June 2022	19:00:00	22:00:00	F2F at RP venue

All Information are subjected to changes.

Venue:

- 1) Face-to-Face (F2F) lesson to be held at RP campus.
- 2) Home-based Learning (HBL)

<b>MODULE CODE   MODULE TITLE</b>	<b>LESSON NO.</b>	<b>LESSON START DATE</b>	<b>START TIME</b>	<b>END TIME</b>	<b>VENUE</b>
S3719C   Sport and Exercise Nutrition	Lesson 2	Thursday, 30 June 2022	19:00:00	22:00:00	F2F at RP venue
	Lesson 3	Thursday, 7 July 2022	19:00:00	22:00:00	F2F at RP venue
	Lesson 4	Thursday, 14 July 2022	19:00:00	22:00:00	F2F at RP venue
	Lesson 5	Thursday, 21 July 2022	19:00:00	22:00:00	ELEARNING
	Lesson 6	Thursday, 28 July 2022	19:00:00	22:00:00	ELEARNING
	Lesson 7	Thursday, 4 August 2022	19:00:00	22:00:00	F2F at RP venue
	Lesson 8	Thursday, 11 August 2022	19:00:00	22:00:00	ELEARNING
	Lesson 9	Thursday, 18 August 2022	19:00:00	22:00:00	F2F at RP venue
	Lesson 10	Thursday, 25 August 2022	19:00:00	22:00:00	F2F at RP venue
	Lesson 11	Thursday, 1 September 2022	19:00:00	22:00:00	F2F at RP venue
	Lesson 12	Thursday, 8 September 2022	19:00:00	22:00:00	F2F at RP venue
	Lesson 13	Thursday, 15 September 2022	19:00:00	22:00:00	ELEARNING
	Lesson 14	Thursday, 22 September 2022	19:00:00	22:00:00	ELEARNING
	Lesson 15	Thursday, 29 September 2022	19:00:00	22:00:00	F2F at RP venue

All Information are subjected to changes.

Venue:

- 1) Face-to-Face (F2F) lesson to be held at RP campus.
- 2) Home-based Learning (HBL)

<b>MODULE CODE   MODULE TITLE</b>	<b>LESSON NO.</b>	<b>LESSON START DATE</b>	<b>START TIME</b>	<b>END TIME</b>	<b>VENUE</b>
S3729C   Wellness and Health Management	Lesson 1	Saturday, 25 June 2022	09:00:00	12:00:00	HBL
	Lesson 2	Saturday, 2 July 2022	09:00:00	12:00:00	ELEARNING
	Lesson 3	Saturday, 9 July 2022	09:00:00	12:00:00	ELEARNING
	Lesson 4	Saturday, 16 July 2022	09:00:00	12:00:00	F2F at RP venue
	Lesson 5	Saturday, 23 July 2022	09:00:00	12:00:00	F2F at RP venue
	Lesson 6	Saturday, 30 July 2022	09:00:00	12:00:00	F2F at RP venue
	Lesson 7	Saturday, 6 August 2022	09:00:00	12:00:00	F2F at RP venue
	Lesson 8	Saturday, 13 August 2022	09:00:00	12:00:00	F2F at RP venue
	Lesson 9	Saturday, 20 August 2022	09:00:00	12:00:00	F2F at RP venue
	Lesson 10	Saturday, 27 August 2022	09:00:00	12:00:00	F2F at RP venue
	Lesson 11	Saturday, 3 September 2022	09:00:00	12:00:00	HBL
	Lesson 12	Saturday, 10 September 2022	09:00:00	12:00:00	ELEARNING
	Lesson 13	Saturday, 17 September 2022	09:00:00	12:00:00	ELEARNING
	Lesson 14	Saturday, 24 September 2022	09:00:00	12:00:00	HBL
	Lesson 15	Saturday, 1 October 2022	09:00:00	12:00:00	HBL

All Information are subjected to changes.

Venue:

- 1) Face-to-Face (F2F) lesson to be held at RP campus.
- 2) Home-based Learning (HBL)