

**SHL|Specialist Diploma in Sport Science and Wellness |
PDC1|Post-Diploma Certificate in Health and Wellness**

MODULE CODE MODULTE TITLE	LESSON NO.	LESSON START DATE	START_TIME	END_TIME	VENUE
S3729C Wellness and Health Management	Lesson 1	Saturday, 3 June 2023	09:00:00	12:00:00	HBL
S3729C Wellness and Health Management	Lesson 2	Saturday, 10 June 2023	09:00:00	12:00:00	F2F at RP venue
S3729C Wellness and Health Management	Lesson 3	Saturday, 17 June 2023	09:00:00	12:00:00	F2F at RP venue
S3729C Wellness and Health Management	Lesson 4	Saturday, 24 June 2023	09:00:00	12:00:00	F2F at RP venue
S3729C Wellness and Health Management	Lesson 5	Saturday, 1 July 2023	09:00:00	12:00:00	F2F at RP venue
S3729C Wellness and Health Management	Lesson 6	Saturday, 8 July 2023	09:00:00	12:00:00	F2F at RP venue
S3729C Wellness and Health Management	Lesson 7	Saturday, 15 July 2023	09:00:00	12:00:00	F2F at RP venue
S3729C Wellness and Health Management	Lesson 8	Saturday, 22 July 2023	09:00:00	12:00:00	F2F at RP venue
S3729C Wellness and Health Management	Lesson 9	Saturday, 29 July 2023	09:00:00	12:00:00	F2F at RP venue
S3729C Wellness and Health Management	Lesson 10	Saturday, 5 August 2023	09:00:00	12:00:00	HBL
S3729C Wellness and Health Management	Lesson 11	Saturday, 12 August 2023	09:00:00	12:00:00	HBL
S3729C Wellness and Health Management	Lesson 12	Saturday, 19 August 2023	09:00:00	12:00:00	F2F at RP venue
S3729C Wellness and Health Management	Lesson 13	Saturday, 26 August 2023	09:00:00	12:00:00	F2F at RP venue
S3729C Wellness and Health Management	Lesson 14	Saturday, 2 September 2023	09:00:00	12:00:00	HBL
S3729C Wellness and Health Management	Lesson 15	Saturday, 9 September 2023	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-base Learning (HBL)

MODULE CODE MODULTE TITLE	LESSON NO.	LESSON START DATE	START_TIME	END_TIME	VENUE
S3709C Fitness and Conditioning	Lesson 1	Tuesday, 6 June 2023	19:00:00	22:00:00	F2F at RP venue
S3709C Fitness and Conditioning	Lesson 2	Tuesday, 13 June 2023	19:00:00	22:00:00	HBL
S3709C Fitness and Conditioning	Lesson 3	Tuesday, 20 June 2023	19:00:00	22:00:00	ELEARNING
S3709C Fitness and Conditioning	Lesson 4	Tuesday, 27 June 2023	19:00:00	22:00:00	F2F at RP venue
S3709C Fitness and Conditioning	Lesson 5	Tuesday, 4 July 2023	19:00:00	22:00:00	F2F at RP venue
S3709C Fitness and Conditioning	Lesson 6	Tuesday, 11 July 2023	19:00:00	22:00:00	F2F at RP venue
S3709C Fitness and Conditioning	Lesson 7	Tuesday, 18 July 2023	19:00:00	22:00:00	F2F at RP venue
S3709C Fitness and Conditioning	Lesson 8	Tuesday, 25 July 2023	19:00:00	22:00:00	F2F at RP venue
S3709C Fitness and Conditioning	Lesson 9	Tuesday, 1 August 2023	19:00:00	22:00:00	ELEARNING
S3709C Fitness and Conditioning	Lesson 10	Tuesday, 15 August 2023	19:00:00	22:00:00	F2F at RP venue
S3709C Fitness and Conditioning	Lesson 11	Tuesday, 22 August 2023	19:00:00	22:00:00	F2F at RP venue
S3709C Fitness and Conditioning	Lesson 12	Tuesday, 29 August 2023	19:00:00	22:00:00	ELEARNING
S3709C Fitness and Conditioning	Lesson 13	Tuesday, 5 September 2023	19:00:00	22:00:00	F2F at RP venue
S3709C Fitness and Conditioning	Lesson 14	Tuesday, 12 September 2023	19:00:00	22:00:00	ELEARNING
S3709C Fitness and Conditioning	Lesson 15	Tuesday, 19 September 2023	19:00:00	22:00:00	HBL

All information are subjected to changes.

Venue:

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

MODULE CODE MODULTE TITLE	LESSON NO.	LESSON START DATE	START_TIME	END_TIME	VENUE
S3719C Sport and Exercise Nutrition	Lesson 1	Thursday, 8 June 2023	19:00:00	22:00:00	HBL
S3719C Sport and Exercise Nutrition	Lesson 2	Thursday, 15 June 2023	19:00:00	22:00:00	ELEARNING
S3719C Sport and Exercise Nutrition	Lesson 3	Thursday, 22 June 2023	19:00:00	22:00:00	ELEARNING
S3719C Sport and Exercise Nutrition	Lesson 4	Thursday, 6 July 2023	19:00:00	22:00:00	F2F at RP venue
S3719C Sport and Exercise Nutrition	Lesson 5	Thursday, 13 July 2023	19:00:00	22:00:00	F2F at RP venue
S3719C Sport and Exercise Nutrition	Lesson 6	Thursday, 20 July 2023	19:00:00	22:00:00	F2F at RP venue
S3719C Sport and Exercise Nutrition	Lesson 7	Thursday, 27 July 2023	19:00:00	22:00:00	ELEARNING
S3719C Sport and Exercise Nutrition	Lesson 8	Thursday, 3 August 2023	19:00:00	22:00:00	F2F at RP venue
S3719C Sport and Exercise Nutrition	Lesson 9	Thursday, 10 August 2023	19:00:00	22:00:00	ELEARNING
S3719C Sport and Exercise Nutrition	Lesson 10	Thursday, 17 August 2023	19:00:00	22:00:00	F2F at RP venue
S3719C Sport and Exercise Nutrition	Lesson 11	Thursday, 24 August 2023	19:00:00	22:00:00	ELEARNING
S3719C Sport and Exercise Nutrition	Lesson 12	Thursday, 31 August 2023	19:00:00	22:00:00	ELEARNING
S3719C Sport and Exercise Nutrition	Lesson 13	Thursday, 7 September 2023	19:00:00	22:00:00	F2F at RP venue
S3719C Sport and Exercise Nutrition	Lesson 14	Thursday, 14 September 2023	19:00:00	22:00:00	ELEARNING
S3719C Sport and Exercise Nutrition	Lesson 15	Thursday, 21 September 2023	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-base Learning (HBL)