

Preliminary Schedule for :

Specialist Diploma in Sport Science and Wellness

Work-Study Post- Diploma (Specialist Diploma in Sport Science and Wellness)

PDC1| Post-Diploma Certificate in Health and Wellness

MODULE CODE MODULE TITLE	LESSON NO.	LESSON START DATE	START_TIME (24HH:MM)	END_TIME (24HH:MM)	Venue
S3709C Fitness and Conditioning	Lesson 1	Tuesday, 4 June 2024	19:00	22:00	Classroom at RP
S3709C Fitness and Conditioning	Lesson 2	Tuesday, 11 June 2024	19:00	22:00	Classroom at RP
S3709C Fitness and Conditioning	Lesson 3	Tuesday, 25 June 2024	19:00	22:00	ELEARNING
S3709C Fitness and Conditioning	Lesson 4	Tuesday, 2 July 2024	19:00	22:00	Lab session at RP
S3709C Fitness and Conditioning	Lesson 5	Tuesday, 9 July 2024	19:00	22:00	Lab session at RP
S3709C Fitness and Conditioning	Lesson 6	Tuesday, 16 July 2024	19:00	22:00	Lab session at RP
S3709C Fitness and Conditioning	Lesson 7	Tuesday, 23 July 2024	19:00	22:00	Lab session at RP
S3709C Fitness and Conditioning	Lesson 8	Tuesday, 30 July 2024	19:00	22:00	Lab session at RP
S3709C Fitness and Conditioning	Lesson 9	Tuesday, 6 August 2024	19:00	22:00	ELEARNING
S3709C Fitness and Conditioning	Lesson 10	Tuesday, 13 August 2024	19:00	22:00	Lab session at RP
S3709C Fitness and Conditioning	Lesson 11	Tuesday, 20 August 2024	19:00	22:00	Lab session at RP
S3709C Fitness and Conditioning	Lesson 12	Tuesday, 27 August 2024	19:00	22:00	ELEARNING
S3709C Fitness and Conditioning	Lesson 13	Tuesday, 3 September 2024	19:00	22:00	Lab session at RP
S3709C Fitness and Conditioning	Lesson 14	Tuesday, 10 September 2024	19:00	22:00	ELEARNING
S3709C Fitness and Conditioning	Lesson 15	Tuesday, 17 September 2024	19:00	22:00	HBL

*RP reserves the right to reschedule/cancel any programme and amend information without prior notice.

MODULE CODE MODULTE TITLE	LESSON NO.	LESSON START DATE	START_TIME (24HH:MM)	END_TIME (24HH:MM)	Venue
S3719C Sport and Exercise Nutrition	Lesson 1	Thursday, 6 June 2024	19:00	22:00	Lab session at RP
S3719C Sport and Exercise Nutrition	Lesson 2	Thursday, 13 June 2024	19:00	22:00	ELEARNING
S3719C Sport and Exercise Nutrition	Lesson 3	Thursday, 27 June 2024	19:00	22:00	ELEARNING
S3719C Sport and Exercise Nutrition	Lesson 4	Thursday, 4 July 2024	19:00	22:00	Lab session at RP
S3719C Sport and Exercise Nutrition	Lesson 5	Thursday, 11 July 2024	19:00	22:00	Lab session at RP
S3719C Sport and Exercise Nutrition	Lesson 6	Thursday, 18 July 2024	19:00	22:00	Lab session at RP
S3719C Sport and Exercise Nutrition	Lesson 7	Thursday, 25 July 2024	19:00	22:00	ELEARNING
S3719C Sport and Exercise Nutrition	Lesson 8	Thursday, 1 August 2024	19:00	22:00	Lab session at RP
S3719C Sport and Exercise Nutrition	Lesson 9	Thursday, 8 August 2024	19:00	22:00	ELEARNING
S3719C Sport and Exercise Nutrition	Lesson 10	Thursday, 15 August 2024	19:00	22:00	Lab session at RP
S3719C Sport and Exercise Nutrition	Lesson 11	Thursday, 22 August 2024	19:00	22:00	ELEARNING
S3719C Sport and Exercise Nutrition	Lesson 12	Thursday, 29 August 2024	19:00	22:00	ELEARNING
S3719C Sport and Exercise Nutrition	Lesson 13	Thursday, 5 September 2024	19:00	22:00	Lab session at RP
S3719C Sport and Exercise Nutrition	Lesson 14	Thursday, 12 September 2024	19:00	22:00	ELEARNING
S3719C Sport and Exercise Nutrition	Lesson 15	Thursday, 19 September 2024	19:00	22:00	Lab session at RP

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MODULE CODE MODULTE TITLE	LESSON NO.	LESSON START DATE	START_TIME (24HH:MM)	END_TIME (24HH:MM)	Venue
S3729C Wellness and Health Management	Lesson 1	Saturday, 8 June 2024	09:00	12:00	Lab session at RP
S3729C Wellness and Health Management	Lesson 2	Saturday, 15 June 2024	09:00	12:00	Lab session at RP
S3729C Wellness and Health Management	Lesson 3	Saturday, 29 June 2024	09:00	12:00	Lab session at RP
S3729C Wellness and Health Management	Lesson 4	Saturday, 6 July 2024	09:00	12:00	Lab session at RP
S3729C Wellness and Health Management	Lesson 5	Saturday, 13 July 2024	09:00	12:00	Lab session at RP
S3729C Wellness and Health Management	Lesson 6	Saturday, 20 July 2024	09:00	12:00	Lab session at RP
S3729C Wellness and Health Management	Lesson 7	Saturday, 27 July 2024	09:00	12:00	Lab session at RP
S3729C Wellness and Health Management	Lesson 8	Saturday, 3 August 2024	09:00	12:00	Lab session at RP
S3729C Wellness and Health Management	Lesson 9	Saturday, 17 August 2024	09:00	12:00	Lab session at RP
S3729C Wellness and Health Management	Lesson 10	Saturday, 24 August 2024	09:00	12:00	HBL
S3729C Wellness and Health Management	Lesson 11	Saturday, 31 August 2024	09:00	12:00	HBL
S3729C Wellness and Health Management	Lesson 12	Saturday, 7 September 2024	09:00	12:00	Lab session at RP
S3729C Wellness and Health Management	Lesson 13	Saturday, 14 September 2024	09:00	12:00	Lab session at RP
S3729C Wellness and Health Management	Lesson 14	Saturday, 21 September 2024	09:00	12:00	HBL
S3729C Wellness and Health Management	Lesson 15	Saturday, 28 September 2024	09:00	12:00	Lab session at RP

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