

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

Module code Module Title	Lesson No.	Lesson date	Start time	End time	Venue
S3709C Fitness and Conditioning	Lesson 1	Tuesday, 3 June 2025	19:00	22:00	Classroom at RP
S3709C Fitness and Conditioning	Lesson 2	Tuesday, 10 June 2025	19:00	22:00	Classroom at RP
S3709C Fitness and Conditioning	Lesson 3	Tuesday, 24 June 2025	19:00	22:00	ELEARNING
S3709C Fitness and Conditioning	Lesson 4	Tuesday, 1 July 2025	19:00	22:00	Lab at RP
S3709C Fitness and Conditioning	Lesson 5	Tuesday, 8 July 2025	19:00	22:00	Lab at RP
S3709C Fitness and Conditioning	Lesson 6	Tuesday, 15 July 2025	19:00	22:00	Lab at RP
S3709C Fitness and Conditioning	Lesson 7	Tuesday, 22 July 2025	19:00	22:00	Lab at RP
S3709C Fitness and Conditioning	Lesson 8	Tuesday, 29 July 2025	19:00	22:00	Lab at RP
S3709C Fitness and Conditioning	Lesson 9	Tuesday, 5 August 2025	19:00	22:00	ELEARNING
S3709C Fitness and Conditioning	Lesson 10	Tuesday, 12 August 2025	19:00	22:00	Lab at RP
S3709C Fitness and Conditioning	Lesson 11	Tuesday, 19 August 2025	19:00	22:00	Lab at RP
S3709C Fitness and Conditioning	Lesson 12	Tuesday, 26 August 2025	19:00	22:00	ELEARNING
S3709C Fitness and Conditioning	Lesson 13	Tuesday, 2 September 2025	19:00	22:00	Lab at RP
S3709C Fitness and Conditioning	Lesson 14	Tuesday, 9 September 2025	19:00	22:00	ELEARNING
S3709C Fitness and Conditioning	Lesson 15	Tuesday, 16 September 2025	19:00	22:00	HBL

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

Module code Module Title	Lesson No.	Lesson date	Start time	End time	Venue
S3719C Sport and Exercise Nutrition	Lesson 1	Thursday, 5 June 2025	19:00	22:00	Lab at RP
S3719C Sport and Exercise Nutrition	Lesson 2	Thursday, 12 June 2025	19:00	22:00	ELEARNING
S3719C Sport and Exercise Nutrition	Lesson 3	Thursday, 26 June 2025	19:00	22:00	ELEARNING
S3719C Sport and Exercise Nutrition	Lesson 4	Thursday, 3 July 2025	19:00	22:00	Lab at RP
S3719C Sport and Exercise Nutrition	Lesson 5	Thursday, 10 July 2025	19:00	22:00	Lab at RP
S3719C Sport and Exercise Nutrition	Lesson 6	Thursday, 17 July 2025	19:00	22:00	Lab at RP
S3719C Sport and Exercise Nutrition	Lesson 7	Thursday, 24 July 2025	19:00	22:00	ELEARNING
S3719C Sport and Exercise Nutrition	Lesson 8	Thursday, 31 July 2025	19:00	22:00	Lab at RP
S3719C Sport and Exercise Nutrition	Lesson 9	Thursday, 7 August 2025	19:00	22:00	ELEARNING
S3719C Sport and Exercise Nutrition	Lesson 10	Thursday, 14 August 2025	19:00	22:00	Lab at RP
S3719C Sport and Exercise Nutrition	Lesson 11	Thursday, 21 August 2025	19:00	22:00	ELEARNING
S3719C Sport and Exercise Nutrition	Lesson 12	Thursday, 28 August 2025	19:00	22:00	ELEARNING
S3719C Sport and Exercise Nutrition	Lesson 13	Thursday, 4 September 2025	19:00	22:00	Lab at RP
S3719C Sport and Exercise Nutrition	Lesson 14	Thursday, 11 September 2025	19:00	22:00	ELEARNING
S3719C Sport and Exercise Nutrition	Lesson 15	Thursday, 18 September 2025	19:00	22:00	Lab at RP

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Module code Module Title	Lesson No.	Lesson date	Start time	End time	Venue
S3729C Wellness and Health Management	Lesson 1	Saturday, 14 June 2025	09:00	12:00	Lab at RP
S3729C Wellness and Health Management	Lesson 2	Saturday, 14 June 2025	13:00	16:00	Lab at RP
S3729C Wellness and Health Management	Lesson 3	Saturday, 5 July 2025	09:00	12:00	Lab at RP
S3729C Wellness and Health Management	Lesson 4	Saturday, 5 July 2025	13:00	16:00	Lab at RP
S3729C Wellness and Health Management	Lesson 5	Saturday, 12 July 2025	09:00	12:00	Lab at RP
S3729C Wellness and Health Management	Lesson 6	Saturday, 19 July 2025	09:00	12:00	Lab at RP
S3729C Wellness and Health Management	Lesson 7	Saturday, 26 July 2025	09:00	12:00	Lab at RP
S3729C Wellness and Health Management	Lesson 8	Saturday, 2 August 2025	09:00	12:00	Lab at RP
S3729C Wellness and Health Management	Lesson 9	Saturday, 16 August 2025	09:00	12:00	Lab at RP
S3729C Wellness and Health Management	Lesson 10	Saturday, 23 August 2025	09:00	12:00	HBL
S3729C Wellness and Health Management	Lesson 11	Saturday, 30 August 2025	09:00	12:00	HBL
S3729C Wellness and Health Management	Lesson 12	Saturday, 6 September 2025	09:00	12:00	Lab at RP
S3729C Wellness and Health Management	Lesson 13	Saturday, 13 September 2025	09:00	12:00	Lab at RP
S3729C Wellness and Health Management	Lesson 14	Saturday, 20 September 2025	09:00	12:00	HBL
S3729C Wellness and Health Management	Lesson 15	Saturday, 27 September 2025	09:00	12:00	Lab at RP

NOTE:

HBL: Home Base Learning (online Face-to-Face lesson)

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