Diploma in Sports Wellness and Services|MC1|Modular Certificate in Exercise Science

Module code| Module Title	Lesson No.	Lesson date	Start time	End time	Venue
S2729C|Exercise Psychology	Lesson 1	Thursday, 23 April 2026	12:30	14:30	Classroom
S2729C|Exercise Psychology	Lesson 2	Thursday, 30 April 2026	20:45	22:45	eLearning
S2729C|Exercise Psychology	Lesson 3	Monday, 4 May 2026	19:00	21:00	eLearning
S2729C|Exercise Psychology	Lesson 4	Thursday, 7 May 2026	12:30	14:30	Classroom
S2729C|Exercise Psychology	Lesson 5	Monday, 11 May 2026	19:00	22:00	HBL (Sync Elearning)
S2729C|Exercise Psychology	Lesson 6	Thursday, 14 May 2026	20:45	22:45	eLearning
S2729C|Exercise Psychology	Lesson 7	Monday, 18 May 2026	19:00	21:00	eLearning
S2729C|Exercise Psychology	Lesson 8	Thursday, 21 May 2026	12:30	14:30	Classroom
S2729C|Exercise Psychology	Lesson 9	Monday, 25 May 2026	19:00	22:00	HBL (Sync Elearning)
S2729C|Exercise Psychology	Lesson 10	Thursday, 28 May 2026	12:30	14:30	Classroom
S2729C|Exercise Psychology	Lesson 11	Saturday, 30 May 2026	19:00	21:00	eLearning
S2729C|Exercise Psychology	Lesson 12	Thursday, 4 June 2026	12:30	14:30	Classroom
S2729C|Exercise Psychology	Lesson 13	Monday, 8 June 2026	19:00	22:00	HBL (Sync Elearning)
S2729C|Exercise Psychology	Lesson 14	Thursday, 11 June 2026	12:30	14:30	Classroom
S2729C|Exercise Psychology	Lesson 15	Monday, 29 June 2026	19:00	21:00	eLearning
S2729C|Exercise Psychology	Lesson 16	Thursday, 2 July 2026	12:30	14:30	Classroom
S2729C|Exercise Psychology	Lesson 17	Monday, 6 July 2026	19:00	22:00	HBL (Sync Elearning)
S2729C|Exercise Psychology	Lesson 18	Thursday, 9 July 2026	12:30	14:30	Classroom
S2729C|Exercise Psychology	Lesson 19	Monday, 13 July 2026	19:00	21:00	eLearning
S2729C|Exercise Psychology	Lesson 20	Thursday, 16 July 2026	15:30	17:30	Classroom
S2729C|Exercise Psychology	Lesson 21	Monday, 20 July 2026	19:00	22:00	HBL (Sync Elearning)
S2729C|Exercise Psychology	Lesson 22	Thursday, 23 July 2026	12:30	14:30	Classroom
S2729C|Exercise Psychology	Lesson 23	Saturday, 25 July 2026	16:00	20:00	eLearning
S2729C|Exercise Psychology	Lesson 24	Monday, 3 August 2026	19:00	22:00	HBL (Sync Elearning)
S2729C|Exercise Psychology	Lesson 25	Thursday, 6 August 2026	12:30	16:30	Classroom

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Module code| Module Title	Lesson No.	Lesson date	Start time	End time	Venue
S2719C|Injury Prevention and Exercise Rehabilitation	Lesson 1	Thursday, 23 April 2026	15:00	17:00	Lab
S2719C|Injury Prevention and Exercise Rehabilitation	Lesson 2	Saturday, 25 April 2026	17:00	23:00	eLearning
S2719C|Injury Prevention and Exercise Rehabilitation	Lesson 3	Thursday, 30 April 2026	15:00	17:00	Lab
S2719C|Injury Prevention and Exercise Rehabilitation	Lesson 4	Saturday, 2 May 2026	17:00	23:00	eLearning
S2719C|Injury Prevention and Exercise Rehabilitation	Lesson 5	Thursday, 7 May 2026	15:00	17:00	Lab
S2719C|Injury Prevention and Exercise Rehabilitation	Lesson 6	Friday, 8 May 2026	19:00	21:00	HBL (Sync Elearning)
S2719C|Injury Prevention and Exercise Rehabilitation	Lesson 7	Thursday, 14 May 2026	15:00	17:00	Lab
S2719C|Injury Prevention and Exercise Rehabilitation	Lesson 8	Friday, 15 May 2026	19:00	21:00	HBL (Sync Elearning)
S2719C|Injury Prevention and Exercise Rehabilitation	Lesson 9	Thursday, 21 May 2026	15:00	17:00	Lab
S2719C|Injury Prevention and Exercise Rehabilitation	Lesson 10	Saturday, 23 May 2026	19:00	21:00	eLearning
S2719C|Injury Prevention and Exercise Rehabilitation	Lesson 11	Thursday, 28 May 2026	15:00	17:00	Lab
S2719C|Injury Prevention and Exercise Rehabilitation	Lesson 12	Friday, 29 May 2026	19:00	21:00	HBL (Sync Elearning)
S2719C|Injury Prevention and Exercise Rehabilitation	Lesson 13	Thursday, 4 June 2026	15:00	17:00	Lab
S2719C|Injury Prevention and Exercise Rehabilitation	Lesson 14	Saturday, 6 June 2026	19:00	21:00	eLearning
S2719C|Injury Prevention and Exercise Rehabilitation	Lesson 15	Thursday, 11 June 2026	15:00	17:00	Lab
S2719C|Injury Prevention and Exercise Rehabilitation	Lesson 16	Friday, 12 June 2026	19:00	21:00	HBL (Sync Elearning)
S2719C|Injury Prevention and Exercise Rehabilitation	Lesson 17	Thursday, 2 July 2026	15:00	17:00	Lab
S2719C|Injury Prevention and Exercise Rehabilitation	Lesson 18	Friday, 3 July 2026	19:00	21:00	HBL (Sync Elearning)
S2719C|Injury Prevention and Exercise Rehabilitation	Lesson 19	Thursday, 9 July 2026	15:00	17:00	Lab
S2719C|Injury Prevention and Exercise Rehabilitation	Lesson 20	Friday, 10 July 2026	19:00	21:00	HBL (Sync Elearning)
S2719C|Injury Prevention and Exercise Rehabilitation	Lesson 21	Friday, 17 July 2026	19:00	21:00	HBL (Sync Elearning)
S2719C|Injury Prevention and Exercise Rehabilitation	Lesson 22	Saturday, 18 July 2026	19:00	21:00	eLearning
S2719C|Injury Prevention and Exercise Rehabilitation	Lesson 23	Thursday, 23 July 2026	15:00	17:00	Lab
S2719C|Injury Prevention and Exercise Rehabilitation	Lesson 24	Thursday, 23 July 2026	18:30	22:30	HBL (Sync Elearning)
S2719C|Injury Prevention and Exercise Rehabilitation	Lesson 25	Thursday, 30 July 2026	15:00	17:00	Lab

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Module code| Module Title	Lesson No.	Lesson date	Start time	End time	Venue
S2709C|Exercise Prescription and Assessment	Lesson 1	Thursday, 23 April 2026	18:30	20:30	Classroom
S2709C|Exercise Prescription and Assessment	Lesson 2	Thursday, 30 April 2026	18:30	20:30	Lab
S2709C|Exercise Prescription and Assessment	Lesson 3	Sunday, 3 May 2026	14:30	16:30	eLearning
S2709C|Exercise Prescription and Assessment	Lesson 4	Thursday, 7 May 2026	09:00	12:00	HBL (Sync Elearning)
S2709C|Exercise Prescription and Assessment	Lesson 5	Thursday, 7 May 2026	18:30	20:30	Lab
S2709C|Exercise Prescription and Assessment	Lesson 6	Thursday, 14 May 2026	09:00	12:00	HBL (Sync Elearning)
S2709C|Exercise Prescription and Assessment	Lesson 7	Thursday, 14 May 2026	18:30	20:30	Classroom
S2709C|Exercise Prescription and Assessment	Lesson 8	Sunday, 17 May 2026	14:30	16:30	eLearning
S2709C|Exercise Prescription and Assessment	Lesson 9	Thursday, 21 May 2026	18:30	20:30	Lab
S2709C|Exercise Prescription and Assessment	Lesson 10	Thursday, 28 May 2026	09:00	12:00	HBL (Sync Elearning)
S2709C|Exercise Prescription and Assessment	Lesson 11	Thursday, 28 May 2026	18:30	20:30	Lab
S2709C|Exercise Prescription and Assessment	Lesson 12	Tuesday, 2 June 2026	14:30	16:30	eLearning
S2709C|Exercise Prescription and Assessment	Lesson 13	Thursday, 4 June 2026	18:30	20:30	Lab
S2709C|Exercise Prescription and Assessment	Lesson 14	Thursday, 11 June 2026	09:00	12:00	HBL (Sync Elearning)
S2709C|Exercise Prescription and Assessment	Lesson 15	Thursday, 11 June 2026	18:30	20:30	Lab
S2709C|Exercise Prescription and Assessment	Lesson 16	Sunday, 28 June 2026	19:00	21:00	eLearning
S2709C|Exercise Prescription and Assessment	Lesson 17	Thursday, 2 July 2026	18:30	20:30	Lab
S2709C|Exercise Prescription and Assessment	Lesson 18	Thursday, 9 July 2026	18:30	20:30	eLearning
S2709C|Exercise Prescription and Assessment	Lesson 19	Thursday, 16 July 2026	18:30	20:30	Classroom
S2709C|Exercise Prescription and Assessment	Lesson 20	Sunday, 19 July 2026	14:30	16:30	eLearning
S2709C|Exercise Prescription and Assessment	Lesson 21	Thursday, 30 July 2026	09:00	12:00	HBL (Sync Elearning)
S2709C|Exercise Prescription and Assessment	Lesson 22	Thursday, 30 July 2026	18:30	20:30	eLearning
S2709C|Exercise Prescription and Assessment	Lesson 23	Sunday, 2 August 2026	14:30	18:30	eLearning
S2709C|Exercise Prescription and Assessment	Lesson 24	Thursday, 6 August 2026	09:00	12:00	HBL (Sync Elearning)
S2709C|Exercise Prescription and Assessment	Lesson 25	Thursday, 6 August 2026	18:30	20:30	Lab
S2709C|Exercise Prescription and Assessment	Lesson 26	Thursday, 13 August 2026	18:30	20:30	Classroom

NOTE:
HBL (Sync Elearning) - online consultation session

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