

PT Intensive Timetable - Brisbane October intake 2010 Draft Timetable

Date	Time	Session / Topic	Lecturer	Venue	
Mon 11 Oct	9am -4pm	Module 1: Nutrition and Health Management. Introduction to Nutrition	Lauren Nugent	Fitnation Office- Newstead	
Wed 13 Oct	9am -4pm	Nutrition and Weight Management and Nutrition for Sport	Lauren Nugent		
Mon 18 Oct	9-4pm	Module 2: Exercise Science and Client Screening	Nadia BB	Nutrition Assignment Due	
Wed 20 Oct	9-4pm	Exercise Science	Nadia BB		
Mon 25 Oct	9am-4pm	Exercise Science	Nadia BB		
Tues 26 Oct	9am-1pm	Postural Analysis	Nadia BB		
Wed 27 Oct	9-4pm	Fitness Appraisal Techniques	Nadia BB		
Mon 8 Nov	9-10.30am	EXERCISE SCIENCE EXAM		ESCS assignment Due	
Mon 8 Nov	11-4pm	Module 3: Exercise Instruction and Advanced Conditioning. Fitness Industry communication.	Nathan Wade	Fitnation Office- Newstead	
Tues 9 Nov	9am-4pm	Introduction to Fitness Programming	Nathan Wade		
Wed 10 Nov	9am -4pm	Exercise Program Development and Design	Nathan Wade		
Mon 15 Nov	9am-4pm	Exercise Program Development and Design	Nathan Wade		
Tues 16 Nov	10-3pm	Swissball Exercise	Brett J		
Wed 17 Nov	9-4pm	Conducting PT Sessions	Nathan W		
Mon 22 Nov	9-12.30pm	Prac Clinic	Nadia BB		
Mon 6 Dec Nov	9-1pm	Module 4: Special Populations Pre and Post Natal Exercise	Sian Pugh		Resistance Assignments Due
Tues 7 Dec	9am-4pm	PT for Kids	Nathan W		
Wed 8 Dec	9am-4pm	Exercise for Older Adults	Tim H	Special Groups Assignment due	
Mon 13 Dec	9am -4pm	Marketing and Managing a Personal Training Business	Jennifer Pender Brookes		
Mon 13 Dec	10-11	Book in time for Practical Placement			
Flexible time	1.5 hour	Prac Tests	Practical		
Tues 14 Dec	9-4pm	Elective 1: Senior First aid	Marcelle F		
Wed 15 Dec	9-2pm	Elective 2: Conducting Outdoor PT Sessions	Nathan Wade		
Sat 18 Dec	11-4pm	Elective 3: Boxing Training for PTs	John K		

PLEASE NOTE: As part of the course you get a student gym membership. It is essential that you utilise this membership and practise the exercises learnt in class. To be a good personal trainer you need to be 100% confident in a gym. Please note that you will also be required to study outside of class hours to complete assessments.

***Draft timetable-may be subject to change**