

### Cert III & IV in Fitness Evening 2010 intake (05) – draft timetable

Date	Time	Session / Topic	Staff	Assessment / Due date
Mon 20 Sept	6 - 10pm	<b>Module 1 Nutrition and Health Management</b> Introduction to Nutrition	KS	Manual assessment submitted 29 Sept
Wed 22 Sept	6 - 10pm	Nutrition and Weight Management	KS	
Mon 27 Sept	6 - 10pm	Nutrition for Sport	KS	
Wed 29 Sept	6 - 10pm	<b>Module 2 Exercise Science &amp; Client Screening</b> Exercise Science	TH	Manual assessment submitted 25 Oct
Mon 4 Oct	6 - 10pm	Exercise Science	TH	
Wed 6 Oct	6 - 10pm	Exercise Science	TH	
Mon 11 Oct	6 - 10pm	Exercise Science	TH	
Wed 13 Oct	6 - 10pm	Postural Analysis	TH	
Mon 18 Oct	6 - 10pm	Client Screening & Assessment	TH	
<b>Tues 19 – Fri 22 Oct</b>	<b>Exercise Science And Postural Screening Theory Test – 1hr (completed online between 19 – 22 Oct)</b>			
Mon 25 Oct	6 - 10pm	<b>Module 3 Exercise Instruction &amp; Advanced Conditioning</b> Fitness Industry Services Communication & Motivation	SJ?	Manual assessment submitted 8 Nov
Wed 27 Oct	6 - 10pm	Introduction to Exercise Programming	WR	
Mon 1 Nov		No class		
Wed 3 Nov	6 - 10pm	Exercise Program Development and Instruction	WR	
Mon 8 Nov	6 - 10pm	Exercise Program Development and Instruction	WR	
Wed 10 Nov	6 - 10pm	Exercise Program Development and Instruction	WR	
Mon 15 Nov	6 - 10pm	Exercise Program Development and Instruction	WR	
Wed 17 Nov	6 - 10pm	Swissball Exercise Techniques	MM	
Wed 24 Nov	6 - 10pm	<b>Module 4 Specialty Training – Children &amp; Older Adults</b> Exercise and Children	KC	Manual assessment submitted 6 Dec
Mon 29 Nov	6 - 10pm	Exercise for Older Adults	GM	
Wed 1 Dec	6 - 10pm	Exercise and Children Exercise for Older Adults	KC GM	In-class practical assessments on 1 Dec
Mon 6 Dec	6 - 10pm	<b>Module 5 PT Business Essentials</b> PT Clinic	TH	Manual assessment submitted 15 Dec
Wed 8 Dec	6 - 10pm	Marketing and Managing a Personal Training Business	CP	
Practical Placement - commences after module 2 (20 hours)				
Practical Assessment - by contact or video after 1 Dec (1.5hrs)				

The confirmed timetable will be provided 2 weeks prior to the commencement date