

Melbourne PT Intensive 2010 Intake (05) – Draft timetable

Date	Time	Session / Topic	Staff	Assessment / Due date
Mon 4 Oct	9am -4pm	Module 1 Nutrition and Health Management Introduction to Nutrition	KS	Manual assessment submitted 11 Oct
Thurs 7 Oct	9am -4pm	Nutrition and Weight Management Nutrition for Sport	KS	
Mon 11 Oct	9am -4pm	Module 2 Exercise Science & Client Screening Exercise Science	TH	Manual assessment submitted 29 Oct
Wed 13 Oct	9am -4pm	Exercise Science	TH	
Fri 15 Oct	9am -4pm	Exercise Science	TH	
Mon 18 Oct	9am – 1pm	Postural Analysis	TH	
Wed 20 Oct	9am -4pm	Client Screening & Assessment	SJ	
Fri 22 – Wed 27 Oct	Exercise Science And Postural Screening Theory Test – 1hr (completed online between 22-27 Oct)			
Fri 29 Oct	9am -1pm	Module 3 Exercise Instruction & Advanced Conditioning Introduction to Exercise Programming & Client Motivation	SJ	Manual assessment submitted 16 Nov
Thurs 4 Nov	9am -4pm	Exercise Program Development and Instruction	WR	
Fri 5 Nov	9am -4pm	Exercise Program Development and Instruction	WR	
Mon 8 Nov	9am -1pm	Swissball Exercise Techniques	MM	
Wed 10 Nov	9am -1pm	Practical clinic	SJ	
Fri 12 Nov	9am -1pm	Practical clinic	SJ	
Tues 16 Nov	9am-12pm	Module 4 Specialty Training – Children & Older Adults Pre and Post Natal Exercise	CL	Manual assessment submitted 29 Nov In-class practical assessments on 18, 22 & 24 Nov
Thurs 18 Nov	9am–4pm	Exercise and Children – PT and Group Training	KC	
Mon 22 Nov	9am-12pm	Exercise for Older Adults	SJ	
Wed 24 Nov	9am-12pm	Exercise for Older Adults	SJ	
Mon 29 Nov	9am –4pm	Module 5 PT Business Essentials Marketing and Managing a Personal Training Business	MG	Manual assessment submitted 9 Dec
Fri 3 Dec	9am – 4.30pm	Elective 1 First Aid – level 2		
Tues 7 Dec	9am –3pm	Elective 2 Boxing Training		
Thurs 9 Dec	9am –1pm	Elective 3 Conducting Outdoor PT Sessions		
Practical Placement commences after module 2 (20 hours)				
Prac Tests - by appointment after 29 Nov (1.5 hours)				

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