



**BASIC SCIENCE SHORT COURSE  
TIMETABLE  
BK00510  
KWAZULU NATAL**

**REGISTRATION AND PACK COLLECTION**

03 July 2010

08:30 - 09:30

Maximum Health Gym

**VENUE ABBREVIATIONS AND ADDRESS DETAILS**

- 1 Reebok Education (Pty) Ltd  
9 Cambridge Avenue, Craighall Park  
Telephone: (011) 325 4636
- 2 Richard Powell  
KZN Representative  
Email: richardp@reebokeducation.co.za  
Mobile: 074 5571031
3. Maximum Health Gym (MH)  
2 Flanders place, Mount Edgecombe, Durban
4. TBC (To be confirmed)

1.  Reebok Education reserves the right to change the facilitators, lecture topics and venues.
2.  It is the learner's responsibility to note venues and times.

A Reebok South Africa Company  
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DATE	START TIME	END TIME	LECTURE DESCRIPTION	VENUE	FACILITATOR
03-Jul-10	09:30	10:00	Welcome & introduction	MH	Jonathan
03-Jul-10	10:00	12:00	Anatomy 1	MH	Jonathan
03-Jul-10	12:30	14:30	Anatomy 2	MH	Jonathan
04-Jul-10	10:00	12:00	Physiology 1	MH	Jonathan
04-Jul-10	12:30	14:30	Physiology 2,3	MH	Jonathan
10-Jul-10	10:00	12:00	Physical activity, health & wellness	MH	Tanya
10-Jul-10	12:30	14:30	Introduction to the human body	MH	Tanya
11-Jul-10	10:30	12:30	Introduction to injuries 1	MH	Casey
11-Jul-10	13:00	15:00	Introduction to injuries 2	MH	Casey
17-Jul-10	10:00	12:00	General Nutrition	MH	Tanya
17-Jul-10	12:30	14:30	Weight loss/Modern Diet	MH	Tanya
17-Jul-10	14:30	16:30	Sports Nutrition and Supplements	MH	Tanya
24-Jul-10	09:00	11:00	Basic Programme Design and exercise prescription	MH	Dave
24-Jul-10	11:30	13:30	Student syndicated sessions 1	MH	Dave
24-Jul-10	13:30	15:30	Student syndicated sessions 2	MH	Dave
25-Jul-10	00:00	00:00	Theory Assessment (Online) no time limit	Online Assessmen	Online Assess