



**BASIC SCIENCE SHORT COURSE
TIMETABLE
BS00610
JOHANNESBURG**

REGISTRATION AND PACK COLLECTION

01 May 2010
08:30 - 09:30
JCE @ A134

VENUE ABBREVIATIONS AND ADDRESS DETAILS

- 1 JCE @ A134
JCE Campus (Squash Courts)
27 St Andrews Road, Parktown, Johannesburg
- 2 Virgin Active Sunninghill (VSH)
Chilli Lane Shopping centre, Sunninghill, Rivonia ext
Telephone: (011) 807 5517
3. Body Language
Lumley House, 177 Jan Smuts Avenue, Parktown North
Telephone:
4. Virgin Active Sandton (VS)
4 Helen Road, Strathavon
Telephone: (011) 883 4633
5. Reebok Education (Pty) Ltd
9 Cambridge Avenue, Craighall Park
Telephone: (011) 325 4636
6. 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
Directors: B Vosloo Registration: 1994/07107/07
9 Cambridge Avenue, Craighall Park 2124 Postnet Suite 192, Private Bag X11, Craighall 2024
Telephone: 011 325 4636 Facsimile: 011 325 5237 Email: education@reebok.co.za
website www.reebokeducation.co.za

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DATE	START TIME	END TIME	LECTURE DESCRIPTION	VENUE	FACILITATOR
01-May-10	09:30	10:00	Welcome & introduction	JCE @ A134	Jonathan
01-May-10	10:00	12:00	Physical activity, health & wellness	JCE @ A134	Marianna
01-May-10	12:30	14:30	Introduction to the human body	JCE @ A134	Marianna
04-May-10	19:30	21:30	Anatomy 1	BODY LANGUAG	Jonathan
06-May-10	19:30	21:30	Anatomy 2	BODY LANGUAG	Jonathan
08-May-10	10:00	12:00	Physiology 1	JCE @ A134	Rae
08-May-10	12:30	14:30	Physiology 2	JCE @ A134	Rae
11-May-10	19:30	21:30	Physiology 3	JCE @ A134	Rae
13-May-10	19:30	21:30	Introduction to injuries 1	JCE @ A134	Rika
15-May-10	10:00	12:00	Introduction to injuries 2	JCE @ A134	Rika
15-May-10	12:30	14:30	General Nutrition	JCE @ A134	Pippa
18-May-10	19:30	21:30	Weight loss / Modern Diet	JCE @ A134	Pippa
20-May-10	19:30	21:30	Sports Nutrition and Supplements	JCE @ A134	Pippa
22-May-10	10:00	12:00	Basic Programme Design and exercise precription	JCE @ A134	Sean
25-May-10	19:30	21:30	Student syndicated sessions 1	VS	Rika
27-May-10	19:30	21:30	Student syndicated sessions 2	VS	Rika
28-May-10	00:00	00:00	Theory Assessment (Online) (Is available from the	Online Assessmen	Various