



**BASIC SCIENCE SHORT COURSE
TIMETABLE
BS00810
JOHANNESBURG**

REGISTRATION AND PACK COLLECTION

13 November 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. Virgin Active Morningside (VM)
Cnr Rivonia and centre Road, Morningside, Sandton
Telephone: (011) 883 1951
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
13-Nov-10	09:30	10:00	Welcome & introduction	JCE @ A131	Jonathan
13-Nov-10	10:00	12:00	Physical activity, health & wellness	JCE @ A131	Marianna
13-Nov-10	12:30	14:30	Introduction to the human body	JCE @ A131	Marianna
16-Nov-10	19:30	21:30	Anatomy 1	JCE @ A131	Jonathan
18-Nov-10	19:30	21:30	Anatomy 2	JCE @ A131	Jonathan
20-Nov-10	10:00	12:00	Anatomy 3	JCE @ A131	Jonathan
20-Nov-10	12:30	14:30	Physiology 1	JCE @ A131	Dave
23-Nov-10	19:30	21:30	Physiology 2	JCE @ A131	Dave
25-Nov-10	19:30	21:30	Physiology 3	JCE @ A131	Dave
27-Nov-10	10:00	12:00	Introduction to injuries 1	JCE @ A134	Rika
27-Nov-10	12:30	14:30	Introduction to injuries 2	JCE @ A134	Rika
30-Nov-10	19:30	21:30	Basic nutrition 1	JCE @ A134	Rika
02-Dec-10	19:30	21:30	Basic nutrition 2	JCE @ A134	Rika
04-Dec-10	10:00	12:00	Basic Programme Design and exercise precription	JCE @ A134	Rika
04-Dec-10	12:30	14:30	Exercise and Metabolism	JCE @ A134	Sean
07-Dec-10	19:30	21:30	Student syndicated sessions 1	VS	Rika
09-Dec-10	08:00	16:00	Student syndicated sessions 2	VS	Rika
12-Dec-10	19:30	21:30	Theory Assessment (Online)	Online Assessmen	Various