



School of Sports & Fitness Training

Dip HE Sport and Exercise Science (Level 5 Top Up)
2024/09 Intake
Semester 1 - Sep 2024 to Jan 2025

Updated on 10 Sep 2024

	Mon	Tue	Wed	Thu	Fri
Week 1	23-Sep-24	24-Sep-24	25-Sep-24	26-Sep-24	27-Sep-24
7pm - 10pm	M31845	M31858			
Week 2	30-Sep-24	1-Oct-24	2-Oct-24	3-Oct-24	4-Oct-24
7pm - 10pm	M31845	M31858		M31859	M31859
Week 3	7-Oct-24	8-Oct-24	9-Oct-24	10-Oct-24	11-Oct-24
7pm - 10pm	M31845	M31858		M31859	M31859
Week 4	14-Oct-24	15-Oct-24	16-Oct-24	17-Oct-24	18-Oct-24
7pm - 10pm	M31845	M31858		M31859	M31859 (Practical)
Week 5	21-Oct-24	22-Oct-24	23-Oct-24	24-Oct-24	25-Oct-24
7pm - 10pm	M31845	M31858	M31858		M31859 (Practical)
Week 6	28-Oct-24	29-Oct-24	30-Oct-24	31-Oct-24	1-Nov-24
7pm - 10pm		M31858	M31858	M31845 (Practical)	M31859 (Practical)
Week 7	4-Nov-24	5-Nov-24	6-Nov-24	7-Nov-24	8-Nov-24
7pm - 10pm	Mid Semester Break				
Week 8	11-Nov-24	12-Nov-24	13-Nov-24	14-Nov-24	15-Nov-24
7pm - 10pm	M31845 (Practical)	M31858			M31859
Week 9	18-Nov-24	19-Nov-24	20-Nov-24	21-Nov-24	22-Nov-24
7pm - 10pm	M31845 (Practical)	M31858			M31859
Week 10	25-Nov-24	26-Nov-24	27-Nov-24	28-Nov-24	29-Nov-24
7pm - 10pm	M31845 + Assignment 1 Submission	M31858 + Assignment 1 Submission			M31859 + Assignment 1 Submission
Week 11	2-Dec-24	3-Dec-24	4-Dec-24	5-Dec-24	6-Dec-24
7pm - 10pm	M31845	M31858		M31845	M31859
Week 12	9-Dec-24	10-Dec-24	11-Dec-24	12-Dec-24	13-Dec-24
7pm - 10pm		M31858			M31859
Week 13	16-Dec-24	17-Dec-24	18-Dec-24	19-Dec-24	20-Dec-24
7pm - 10pm	M31845	M31858			M31859
Week 14	23-Dec-24	24-Dec-24	25-Dec-24	26-Dec-24	27-Dec-24
Study Break					
Week 15	30-Dec-24	31-Dec-24	1-Jan-25	2-Jan-25	3-Jan-25
7pm - 10pm	M31845 + Assignment 2 Submission	M31858 + Assignment 2 Submission	PH - New Year	M31859 + Assignment 2 Submission	
Week 16	6-Jan-25	7-Jan-25	8-Jan-25	9-Jan-25	10-Jan-25
Term Break					

Code	Module	Lecturer	Class Location
M31858	Nutrition for Sport, Exercise and Health	Dr Rashid Aziz	Mon/Wed - #01-09, Productivity Room
M31859	Advanced Exercise Physiology	Soh Zichun	Tue/Thu/Fri - #01-11, Purpose Room
M31845	Strength and Conditioning for Sport, Exercise and Health	Farij Samsudi	External Practical Sessions - venue TBC

Self-directed learning There are no classes but students are required to engage in self-directed learning. The hours are as follows: 18 hours (M31858), 18 hours (M31859), 26 hours (M31845)

Notes

Sessions marked in red font are conducted at the College.

Sessions marked in black are conducted online.

1. IMSC reserves the right to amend the schedule (date, time or location) where deemed necessary.
2. Students will be informed of any amendment in schedule at the earliest opportunity.