

SPORTS SCIENCE AND FITNESS FOUNDATION COURSE – Intake 34 運動科學及體適能基礎課程 – 第 34 屆

Course Code 課程編號 : ESFF-0118-34

Version : 1 – updated on 08th March 2018

DATE 日期	COURSE TOPIC 課程科目	TOPIC CODE 科目編號	LECTURER 導師	TIME 時間	VENUE 地點
16/05 (Wed)	Orientation			18:45 – 19:00	A
	Fitness Theory & Components	SFF 01		19:00 – 22:00	
23/05 (Wed)	Functional Anatomy for Fitness Instructors	SFF 02		19:00 – 22:00	A
29/05 (Tue)	Exercise Nutrition for Fitness Instructors	SFF 04		19:00 – 22:00	A
05/06 (Tue)	Biomechanics and Analysis of Human Movement	SFF 05		19:00 – 22:00	A
12/06 (Tue)	Exercise Physiology for Fitness Instructors	SFF 03		19:00 – 22:00	A
19/06 (Tue)	Functional Anatomy and Analysis of Human Movement Review	SFF 07		19:00 – 22:00	A
	*Class Performance Assessment (SFF02 + SFF05)				
26/06 (Tue)	Revision & Mock Exam.	SFF 06		19:00 – 22:00	A
03/07 (Tue)	SFF Examination	SFF 90		19:00 – 20:30	A

A - Room 1603, 16/F., Eastern Building, 1065 King's Road, Quarry Bay, Hong Kong (MTR Tai Koo station – exit A2)
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