



Basic Exercise Course (Aug 2009)

DATE	TIME	HR	TOPIC	Lecturer	VENUE
01 Aug (Sat)	0900 – 0930	30mins	Introduction, administration	Peter Khoo	Kampong Glam Community Club 385 Beach Road, Singapore 199581 Multi-purpose room 03-02, Studio
	0930 – 1230	3	Muscle Groups & Movements	Michelle Kwong	
	1230 - 1330	1	Lunch	NA	
	1330 – 1430	1	Fitness: Definition & Components	Peter Khoo	
	1430 – 1600	1.5	Weight Training Exercises (P)	Peter Khoo	
	1600 – 1700	1	Principles of Training	Peter Khoo	
	1700 – 1800	1	Weight Training Program	Peter Khoo	
02 Aug (Sun)	0900 – 1100	2	Nutrition & Weight Control	Michelle Kwong	
	1100 – 1200	1	Aerobic Training Program	Mike Yoong	
	1200 – 1300	1	Flexibility Training Program	Mike Yoong	
	1300 – 1400	1	Lunch	NA	
	1400 – 1500	1	Aerobic Exercises (P)	Mike Yoong	
	1500 – 1600	1	Flexibility Exercises (P)	Mike Yoong	
	1600 – 1800	2	Course and Examination Review	Peter Khoo	

(P) denotes Practical session

BEC exam schedule: Date: 21 Aug 2009 (Friday)
 Time: 1600hr – 1700hr or 1730hr – 1830hr
 Venue: National Stadium (Tentative)