## Typical Timetables

Example of full-time route – to be completed within one academic year

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| **Trimester 1** | **Trimester 2** | **Trimester 2&3** |
| Musculoskeletal Training & Adaptation   *Wed 9am-1*2noon | Applied training Methods *Wed 9am-12noon* |    Dissertation  |
| Advanced Training Methods*Wed 12.30-3.30pm* | Cardiovascular Response & Adaptation*Wed 12.30-3.30pm* | ​ |
| Injury Assessment and Management*Wed 4.00pm -7.00pm* | Research Methods: Quantitative Statistical Analyses*Wed 4.00pm -7.00pm* | ​ |

Example of part-time route – usually completed within 3 years

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|   | **Trimester 1** | **Trimester 2** | **Trimester 2&3** |
| Year 1 | Musculoskeletal Training & Adaptation*Wed 9am-1*2noon Injury Assessment and Management*Wed 4.00pm -7.00pm* | Cardiovascular Response & Adaptation*Wed 12.30-3.30pm* Research Methods: Quantitative Statistical Analyses*Wed 4.00pm -7.00pm* |    Dissertation  |
| Year 2 | Advanced Training Methods*Wed 12.30-3.30pm* Dissertation  | Applied Training Methods*Wed 9am-12noon*  Dissertation  |  ​ |