

ISAK Level One Course

Exercise Research Australia Pty Ltd, Melbourne



Time	Day 1	Day 2	Day 3	Time
8.30 - 9.00	Introduction	Statistics & Error	Restricted Profile vs. Criterion	8.30-9.00
9.00 - 9.30	Anatomy			9.00-9.30
9.30 - 10.00				9.30-10.00
10:00 - 10:30	Landmarking	Somatotype & Sport		10:00 -10:30
10:30 - 11:00	Equipment & Calibration			10:30 - 11:00
11.00 - 11.30				11.00-11.30
11.30 - 12.00	Body Composition	Restricted Profile vs. Criterion		11.30-12.00
12.00 - 12.30				12.00-12.30
12.30 - 1.30	Lunch	Lunch		Lunch
1.30 - 2.00	Measurement & Recording	Restricted Profile vs. Criterion	Prac Exam	1-30-2.00
2.00 - 2.30	Base, Skinfolts			2.00-2.30
2.30 - 3.00	Girths, breadths			2.30-3.00
3.00 - 3.30	Afternoon Tea	Afternoon Tea		3.00-3.30
3.30 - 4.00	Restricted Profile	Restricted Profile vs. Criterion	Prac Exam	3.30 - 4.00
4.00 - 4.30				4.00-4.30
				<i>Course Completion</i>
Time	Day 1	Day 2	Day 3	Time