

St. Angela's College
Department of Nursing, Health Sciences and Disability Studies

ACADEMIC YEAR PLANNER 2016-2017: HEALTH AND WELLNESS COACHING – FIRST YEAR

	September	October	November	December	January	February	March	April	May	June	July	August
Monday									1 st			
Tuesday			1 st *						2 nd			1 st
Wednesday			2 nd			1 st	1 st		3 rd			2 nd
Thursday	1 st		3 rd	1 st AC 2-4		2 nd AC 2-4	2 nd AC 2-4		4 th NPA	1 st		3 rd
Friday	2 nd		4 th	2 nd		3 rd	3 rd		5 th	2 nd		4 th
Saturday	3 rd	1 st	5 th	3 rd		4 th	4 th	1 st	6 th	3 rd	1 st	5 th
Sunday	4 th	2 nd	6 th	4 th	1 st	5 th	5 th	2 nd	7 th	4 th	2 nd	6 th
Monday	5 th	3 rd	7 th	5 th	2 nd	6 th	6 th	3 rd	8 th	5 th	3 rd	7 th
Tuesday	6 th	4 th *	8 th	6 th *	3 rd	7 th *	7 th *	4 th *	9 th	6 th	4 th	8 th
Wednesday	7 th Induction WS	5 th	9 th	7 th	4 th	8 th	8 th	5 th	10 th	7 th	5 th	9 th
Thursday	8 th	6 th AC 2-4	10 th AC 2-4	8 th FCR	5 th	9 th AC 2-4	9 th AC 2-4	6 th AC 2-4	11 th	8 th	6 th	10 th
Friday	9 th	7 th	11 th	9 th	6 th	10 th	10 th	7 th	12 th	9 th	7 th	11 th
Saturday	10 th	8 th	12 th	10 th	7 th	11 th	11 th	8 th	13 th	10 th	8 th	12 th
Sunday	11 th	9 th	13 th	11 th	8 th	12 th	12 th	9 th	14 th	11 th	9 th	13 th
Monday	12 th	10 th	14 th	12 th	9 th	13 th	13 th	10 th	15 th	12 th	10 th	14 th
Tuesday	13 th *	11 th *	15 th	13 th	10 th	14 th	14 th *	11 th	16 th	13 th	11 th	15 th
Wednesday	14 th	12 th	16 th	14 th	11 th	15 th	15 th	12 th	17 th	14 th	12 th	16 th
Thursday	15 th	13 th AC 2-4	17 th AC 2-4	15 th	12 th AC 2-4	16 th AC 2-4	16 th AC 2-4	13 th FHWC	18 th	15 th	13 th	17 th
Friday	16 th	14 th	18 th	16 th	13 th	17 th	17 th	14 th	19 th	16 th	14 th	18 th
Saturday	17 th	15 th	19 th	17 th	14 th	18 th	18 th	15 th	20 th	17 th	15 th	19 th
Sunday	18 th	16 th	20 th	18 th	15 th	19 th	19 th	16 th	21 st	18 th	16 th	20 th
Monday	19 th	17 th	21 st	19 th	16 th	20 th	20 th	17 th	22 nd	19 th	17 th	21 st
Tuesday	20 th *	18 th *	22 nd *	20 th	17 th *	21 st *	21 st *	18 th	23 rd	20 th	18 th	22 nd
Wednesday	21 st	19 th	23 rd	21 st	18 th	22 nd	22 nd	19 th	24 th	21 st	19 th	23 rd
Thursday	22 nd AC 2-4	20 th AC 2-4	24 th AC 2-4	22 nd	19 th WS 9-5	23 rd AC 2-4	23 rd WS 9-5	20 th	25 th	22 nd	20 th	24 th
Friday	23 rd	21 st	25 th	23 rd	20 th	24 th	24 th	21 st	26 th	23 rd	21 st	25 th
Saturday	24 th	22 nd	26 th	24 th	21 st	25 th	25 th	22 nd	27 th	24 th	22 nd	26 th
Sunday	25 th	23 rd	27 th	25 th	22 nd	26 th	26 th	23 rd	28 th	25 th	23 rd	27 th
Monday	26 th	24 th	28 th	26 th	23 rd	27 th	27 th	24 th	29 th	26 th	24 th	28 th
Tuesday	27 th *	25 th *	29 th *	27 th	24 th *	28 th *	28 th *	25 th	30 th	27 th	25 th	29 th
Wednesday	28 th	26 th	30 th	28 th	25 th		29 th	26 th	31 st	28 th	26 th	30 th
Thursday	29 th AC 2-4	27 th AC 2-4		29 th	26 th AC 2-4		30 th AC 2-4	27 th FHWC Exam		29 th	27 th	31 st
Friday	30 th	28 th		30 th	27 th		31 st	28 th		30 th	28 th	
Saturday		29 th		31 st	28 th			29 th			29 th	
Sunday		30 th			29 th			30 th			30 th	
Monday		31 st			30 th						31 st	
Tuesday					31 st *							
	Fundamentals of the Coaching Relationship (FCR)		Foundations of Health and Wellness Coaching (FHWC)			Coaching for Behaviour Change in Nutrition and Physical Activity (NPA)		Course Assessment			*Each week students will carry out directed practical work within allocated groups via Skype	

AC: Classes via Adobe Connect
WS: Workshop in St Angela's College