

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

ACADEMIC YEAR PLANNER 2017-2018: HEALTH AND WELLNESS COACHING – FIRST YEAR

	September	October	November	December	January	February	March	April	May	June	July	August
Monday					1 st							
Tuesday					2 nd				1 st			
Wednesday			1 st		3 rd				2 nd			1 st
Thursday			2 nd		4 th	1 st AC 2-4	1 st AC 2-4		3 rd			2 nd
Friday	1 st		3 rd	1 st AC 2-4	5 th	2 nd	2 nd		4 th	1 st		3 rd
Saturday	2 nd		4 th	2 nd	6 th	3 rd	3 rd		5 th	2 nd		4 th
Sunday	3 rd	1 st	5 th	3 rd	7 th	4 th	4 th	1 st	6 th	3 rd	1 st	5 th
Monday	4 th	2 nd	6 th	4 th	8 th	5 th	5 th	2 nd	7 th FHWC Practicals	4 th	2 nd	6 th
Tuesday	5 th	3 rd *	7 th	5 th *	9 th	6 th *	6 th *	3 rd	8 th	5 th	3 rd	7 th
Wednesday	6 th Induction WS	4 th	8 th	6 th	10 th	7 th	7 th	4 th	9 th	6 th	4 th	8 th
Thursday	7 th	5 th AC 2-4	9 th AC 2-4	7 th FCR	11 th AC 2-4	8 th AC 2-4	8 th AC 2-4	5 th	10 th	7 th	5 th	9 th
Friday	8 th	6 th	10 th	8 th	12 th	9 th	9 th	6 th	11 th	8 th	6 th	10 th
Saturday	9 th	7 th	11 th	9 th	13 th	10 th	10 th	7 th	12 th	9 th	7 th	11 th
Sunday	10 th	8 th	12 th	10 th	14 th	11 th	11 th	8 th	13 th	10 th	8 th	12 th
Monday	11 th	9 th	13 th	11 th	15 th	12 th	12 th	9 th	14 th	11 th	9 th	13 th
Tuesday	12 th *	10 th *	14 th	12 th	16 th *	13 th	13 th *	10 th	15 th	12 th	10 th	14 th
Wednesday	13 th	11 th	15 th	13 th	17 th	14 th	14 th	11 th	16 th	13 th	11 th	15 th
Thursday	14 th	12 th WS 9-5	16 th AC 2-4	14 th	18 th WS 9-5	15 th AC 2-4	15 th AC 2-4	12 th AC 2-4	17 th NPA	14 th	12 th	16 th
Friday	15 th	13 th	17 th	15 th	19 th	16 th	16 th	13 th	18 th	15 th	13 th	17 th
Saturday	16 th	14 th	18 th	16 th	20 th	17 th	17 th	14 th	19 th	16 th	14 th	18 th
Sunday	17 th	15 th	19 th	17 th	21 st	18 th	18 th	15 th	20 th	17 th	15 th	19 th
Monday	18 th	16 th	20 th	18 th	22 nd	19 th	19 th	16 th	21 st	18 th	16 th	20 th
Tuesday	19 th *	17 th *	21 st *	19 th	23 rd *	20 th *	20 th *	17 th	22 nd	19 th	17 th	21 st
Wednesday	20 th	18 th	22 nd	20 th	24 th	21 st	21 st	18 th	23 rd	20 th	18 th	22 nd
Thursday	21 st AC 2-4	19 th AC 2-4	23 rd AC 2-4	21 st	25 th AC 2-4	22 nd AC 2-4	22 nd WS 9-5	19 th	24 th	21 st	19 th	23 rd
Friday	22 nd	20 th	24 th	22 nd	26 th	23 rd	23 rd	20 th	25 th	22 nd	20 th	24 th
Saturday	23 rd	21 st	25 th	23 rd	27 th	24 th	24 th	21 st	26 th	23 rd	21 st	25 th
Sunday	24 th	22 nd	26 th	24 th	28 th	25 th	25 th	22 nd	27 th	24 th	22 nd	26 th
Monday	25 th	23 rd	27 th	25 th	29 th	26 th	26 th	23 rd	28 th	25 th	23 rd	27 th
Tuesday	26 th *	24 th *	28 th *	26 th	30 th *	27 th *	27 th	24 th	29 th	26 th	24 th	28 th
Wednesday	27 th	25 th	29 th	27 th	31 st *	28 th	28 th	25 th	30 th	27 th	25 th	29 th
Thursday	28 th AC 2-4	26 th AC 2-4	30 th AC 2-4	28 th			29 th	26 th FHWC Exam	31 st	28 th	26 th	30 th
Friday	29 th	27 th		29 th			30 th	27 th		29 th	27 th	31 st
Saturday	30 th	28 th		30 th			31 st	28 th		30 th	28 th	
Sunday		29 th		31 st				29 th			29 th	
Monday		30 th						30 th			30 th	
Tuesday		31 st *									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 2-4pm on Thursdays

WS: Workshop in St Angela's College