

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 7, wk starting 15/09/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mo 15/09/2025		Welcome week commences on Monday 22nd September 2025 (Week 8) Induction, Wk 7											
Tu 16/09/2025													
We 17/09/2025													
Th 18/09/2025													
Fri 19/09/2025													
Sat 20/09/2025													
Su 21/09/2025													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 8, wk starting 22/09/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 22/09/2025		<p>Welcome Induction, Wk 8</p> <p>Staff: Ferrari, Julian</p> <p>Room: B108</p>	<p>VC Welcome address to UG students Induction, Wk 8</p> <p>Room: William Aston Hall</p>	<p>Introduction to programme Induction, Wk 8</p> <p>Staff: King, Tom</p> <p>Room: B123</p>		<p>Planetary Adventures Induction, Wk 8</p> <p>Staff: Batty, Chelsea; Ferrari, Julian; Harper, Ed; Hilton, Sara; Hughes, Chris; Hughes, Jonathan; King, Tom; Lewis1, Richard</p> <p>Room: Sports Centre (Hockey Pitch)</p>		<p>ID Card Collection/enrolment Induction, 03:00PM-03:30PM, Wk 8</p> <p>Staff: Ferrari, Julian</p> <p>Room: Edward Llwyd Centre</p>					

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 8, wk starting 22/09/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Tuesday 23/09/2025			Health & Safety/ Library & Study Skills Online Induction, Wk 8 <a href="https://wxmuni.short.gy/healthsafetylibrary">https://wxmuni.short.gy/healthsafetylibrary</a>	Programme Housekeeping / Handbook Induction, Wk 8 Staff: Arczewski, Amadeusz ; King, Tom Room: M101 (Sports Lab)		Induction Module Start Induction, 12:30PM-01:30PM, Wk 8 Staff: Arczewski, Amadeusz ; King, Tom Room: M101 (Sports Lab)	Student & Campus Life Online Induction, Wk 8 <a href="https://wxmuni.short.gy/studentcampuslife">https://wxmuni.short.gy/studentcampuslife</a>	Consent Training Mandatory Training, Wk 8					
						Welsh language opportunities at Wrexham University/ Cyfleon Cymraeg ym Mhrifysgol Wrecsam Online Induction, Wk 8 <a href="https://wxmuni.short.gy/welshlanguage">https://wxmuni.short.gy/welshlanguage</a>							

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 8, wk starting 22/09/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Tuesday 23/09/2025						Introduction to Gym & EF Qualification Induction, 01:30PM-02:30PM, Wk 8 Staff: Arczewski, Amadeusz ; Hughes, Jonathan Room: <a href="#">K - Biomechanics Lab</a>							

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 8, wk starting 22/09/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Wednesday 24/09/2025							Student Union talk Online Induction, 02:30PM-03:00PM, Wk 8  <a href="https://wrexhamuni.short.gy/studentunion">https://wrexhamuni.short.gy/studentunion</a>						
Thursday 25/09/2025				Fresher's Festival General University Event (optional), Wk 8 Room: Sport Centre (Hall)									

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 8, wk starting 22/09/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Friday 26/09/2025			Being Prepared for Your Studies - refer to Moodle Directed Study, 10:30AM-11:30AM, Wk 8										
Sat 27/09/2025													
Su 28/09/2025													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 9, wk starting 29/09/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 29/09/2025		Lecture, Wk 9 Modules: <a href="#">SES406</a> (Foundations of Anatomy and Exercise Physiology). <a href="#">SPT414</a> (Introduction to Anatomy and Physiology). Staff: Lewis1, Richard Room: <a href="#">K201</a>	Self-Directed Study, Wk 9 Module: Self Directed Study			Self-Directed Study, Wk 9 Module: Self Directed Study							
Tu 30/09/2025			Self-Directed Study, Wk 9 Module: Self Directed Study			Self-Directed Study, Wk 9 Module: Self Directed Study							
We 01/10/2025			Self-Directed Study, Wk 9 Module: Self Directed Study										
Thursday 02/10/2025			Self-Directed Study, Wk 9 Module: Self Directed Study			Lecture, Wk 9 Module: <a href="#">SPT417 (Academic Discovery within the Sport Sciences)</a> Staff: Ferrari, Julian; Hughes, Chris; Lewis1, Richard Room: <a href="#">C18 Lecture Theatre</a>							
Friday 03/10/2025		Lecture, 09:30AM-12:30PM, Wk 9 Module: <a href="#">NAD402 (Introduction to Nutrition)</a> Staff: Wild, Zowie Room: <a href="#">C1B18</a>				Self-Directed Study, Wk 9 Module: Self Directed Study							
Sat 04/10/2025													
Su 05/10/2025													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 10, wk starting 06/10/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 06/10/2025		Lecture, Wk 10 Modules: FAW423 (Introduction to Sport Science in Football) SES406 (Foundations of Anatomy and Exercise Physiology) SPC406 (The Physiology of Human Movement) SPT414 (Introduction to Anatomy and Physiology) Staff: Lewis1, Richard Room: K201	Practical, Wk 10 Modules: SES406 (Foundations of Anatomy and Exercise Physiology) SPC406 (The Physiology of Human Movement) SPT414 (Introduction to Anatomy and Physiology) Staff: Arczewski, Amadeusz; Lewis1, Richard Room: M101 (Sports Lab)			Self-Directed Study, Wk 10 Module: Self Directed Study							
Tu 07/10/2025			Self-Directed Study, Wk 10 Module: Self Directed Study			Self-Directed Study, Wk 10 Module: Self Directed Study							
We 08/10/2025			Self-Directed Study, Wk 10 Module: Self Directed Study										
Thursday 09/10/2025			Self-Directed Study, Wk 10 Module: Self Directed Study			Lecture, Wk 10 Module: SPT417 (Academic Discovery within the Sport Sciences) Staff: Ferrari, Julian; Hughes, Chris; Lewis1, Richard Room: C18 Lecture Theatre							
Friday 10/10/2025		Lecture, 09:30AM-12:30PM, Wk 10 Module: NAD402 (Introduction to Nutrition) Staff: Wild, Zowie Room: CIB18				Self-Directed Study, Wk 10 Module: Self Directed Study							
Sat 11/10/2025													
Su 12/10/2025													



# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 11, wk starting 13/10/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 13/10/2025		Lecture, Wk 11 Modules: FAW423 (Introduction to Sport Science in Football) SES406 (Foundations of Anatomy and Exercise Physiology) SPC406 (The Physiology of Human Movement) SPT414 (Introduction to Anatomy and Physiology) Staff: Lewis1, Richard Room: K201	Practical, Wk 11 Modules: FAW423 (Introduction to Sport Science in Football) SES406 (Foundations of Anatomy and Exercise Physiology) SPC406 (The Physiology of Human Movement) SPT414 (Introduction to Anatomy and Physiology) Staff: Arczewski, Amadeusz; Lewis1, Richard Room: K - Biomechanics Lab			Self-Directed Study, Wk 11 Module: Self Directed Study							
Tu 14/10/2025			Self-Directed Study, Wk 11 Module: Self Directed Study			Self-Directed Study, Wk 11 Module: Self Directed Study							
We 15/10/2025			Self-Directed Study, Wk 11 Module: Self Directed Study										
Thursday 16/10/2025			Self-Directed Study, Wk 11 Module: Self Directed Study			Lecture, Wk 11 Module: SPT417 (Academic Discovery within the Sport Sciences) Staff: Ferrari, Julian; Hughes, Chris; Lewis1, Richard Room: C18 Lecture Theatre							
Friday 17/10/2025		Lecture, 09:30AM-12:30PM, Wk 11 Module: NAD402 (Introduction to Nutrition) Staff: Wild, Zowie Room: CIB18				Self-Directed Study, Wk 11 Module: Self Directed Study							
Sat 18/10/2025													
Su 19/10/2025													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 12, wk starting 20/10/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 20/10/2025		Lecture, Wk 12 Modules: FAW423 (Introduction to Sport Science in Football) SES406 (Foundations of Anatomy and Exercise Physiology) SPC406 (The Physiology of Human Movement) SPT414 (Introduction to Anatomy and Physiology) Staff: Lewis1, Richard Room: K201	Self-Directed Study, Wk 12 Module: Self Directed Study			Self-Directed Study, Wk 12 Module: Self Directed Study							
Tu 21/10/2025			Self-Directed Study, Wk 12 Module: Self Directed Study			Self-Directed Study, Wk 12 Module: Self Directed Study							
We 22/10/2025			Self-Directed Study, Wk 12 Module: Self Directed Study										
Thursday 23/10/2025			Self-Directed Study, Wk 12 Module: Self Directed Study			Lecture, Wk 12 Module: SPT417 (Academic Discovery within the Sport Sciences) Staff: Ferrari, Julian; Hughes, Chris; Lewis1, Richard Room: C18 Lecture Theatre							
Friday 24/10/2025		Lecture, 09:30AM-12:30PM, Wk 12 Module: NAD402 (Introduction to Nutrition) Staff: Wild, Zowie Room: CIB18				Self-Directed Study, Wk 12 Module: Self Directed Study							
Sat 25/10/2025													
Su 26/10/2025													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 13, wk starting 27/10/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 27/10/2025			Self-Directed Study, Wk 13 Module: Self Directed Study			Self-Directed Study, Wk 13 Module: Self Directed Study							
Tuesday 28/10/2025			Self-Directed Study, Wk 13 Module: Self Directed Study			Self-Directed Study, Wk 13 Module: Self Directed Study							
Wed 29/10/2025			Self-Directed Study, Wk 13 Module: Self Directed Study										
Thu 30/10/2025			Self-Directed Study, Wk 13 Module: Self Directed Study			Self-Directed Study, Wk 13 Module: Self Directed Study							
Friday 31/10/2025			Self-Directed Study, Wk 13 Module: Self Directed Study			Self-Directed Study, Wk 13 Module: Self Directed Study							
Sat 01/11/2025													
Su 02/11/2025													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 14, wk starting 03/11/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 03/11/2025		Lecture, Wk 14 Modules: FAW423 (Introduction to Sport Science in Football) SES406 (Foundations of Anatomy and Exercise Physiology) SPC406 (The Physiology of Human Movement) SPT414 (Introduction to Anatomy and Physiology) Staff: Lewis1, Richard Room: K201	Practical, Wk 14 Modules: FAW423 (Introduction to Sport Science in Football) SES406 (Foundations of Anatomy and Exercise Physiology) SPC406 (The Physiology of Human Movement) SPT414 (Introduction to Anatomy and Physiology) Staff: Lewis1, Richard Room: Sports Centre (Hockey Pitch)			Self-Directed Study, Wk 14 Module: Self Directed Study							
Tu 04/11/2025			Self-Directed Study, Wk 14 Module: Self Directed Study			Self-Directed Study, Wk 14 Module: Self Directed Study							
We 05/11/2025			Self-Directed Study, Wk 14 Module: Self Directed Study										
Thursday 06/11/2025			Self-Directed Study, Wk 14 Module: Self Directed Study			Lecture, Wk 14 Module: SPT417 (Academic Discovery within the Sport Sciences) Staff: Ferrari, Julian; Hughes, Chris; Lewis1, Richard Room: C18 Lecture Theatre							
Friday 07/11/2025		Lecture, 09:30AM-12:30PM, Wk 14 Module: NAD402 (Introduction to Nutrition) Staff: Wild, Zowie Room: CIB18				Self-Directed Study, Wk 14 Module: Self Directed Study							
Sat 08/11/2025													
Su 09/11/2025													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 15, wk starting 10/11/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 10/11/2025		Lecture, Wk 15  Modules: FAW423 (Introduction to Sport Science in Football); SES406 (Foundations of Anatomy and Exercise Physiology); SPC406 (The Physiology of Human Movement); SPT414 (Introduction to Anatomy and Physiology)  Staff: Lewis1, Richard Room: K201	Practical, Wk 15  Modules: FAW423 (Introduction to Sport Science in Football); SES406 (Foundations of Anatomy and Exercise Physiology); SPC406 (The Physiology of Human Movement); SPT414 (Introduction to Anatomy and Physiology)  Staff: Lewis1, Richard Room: Sports Centre (Hockey Pitch)			Self-Directed Study, Wk 15  Module: Self Directed Study							
Tuesday 11/11/2025			Self-Directed Study, Wk 15  Module: Self Directed Study			Self-Directed Study, Wk 15  Module: Self Directed Study							

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 15, wk starting 10/11/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Wed 12/11/2025			Self-Directed Study, Wk 15 Module: Self Directed Study										
Thursday 13/11/2025			Self-Directed Study, Wk 15 Module: Self Directed Study			Lecture, Wk 15 Module: <u>SPT417 (Academic Discovery within the Sport Sciences)</u> Staff: Ferrari, Julian; Hughes, Chris; Lewis1, Richard Room: <u>C18 Lecture Theatre</u>							
Friday 14/11/2025			Practical, 09:30AM-12:30PM, Wk 15 Module: <u>NAD402 (Introduction to Nutrition)</u> Staff: Wild, Zowie Rooms: <u>K107; K109 - Dietetics Kitchen; K217</u>			Group 1 Practical, 01:00PM-02:30PM, Wk 15 Module: <u>NAD402 (Introduction to Nutrition)</u> Staff: Arczewski, Amadeusz; Wild, Zowie Room: <u>M101 (Sports Lab)</u>	Group 2 Practical, 02:30PM-04:00PM, Wk 15 Module: <u>NAD402 (Introduction to Nutrition)</u> Staff: Arczewski, Amadeusz; Wild, Zowie Room: <u>M101 (Sports Lab)</u>						
Sat 15/11/2025													
Su 16/11/2025													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 16, wk starting 17/11/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 17/11/2025		Lecture, Wk 16 Modules: FAW423 (Introduction to Sport Science in Football) SES406 (Foundations of Anatomy and Exercise Physiology) SPC406 (The Physiology of Human Movement) SPT414 (Introduction to Anatomy and Physiology) Staff: Lewis1, Richard Room: K201	Practical, Wk 16 Modules: SES406 (Foundations of Anatomy and Exercise Physiology) SPC406 (The Physiology of Human Movement) SPT414 (Introduction to Anatomy and Physiology) Staff: Arczewski, Amadeusz; Lewis1, Richard Room: M101 (Sports Lab)			Self-Directed Study, Wk 16 Module: Self Directed Study							
Tu 18/11/2025			Self-Directed Study, Wk 16 Module: Self Directed Study			Self-Directed Study, Wk 16 Module: Self Directed Study							
We 19/11/2025			Self-Directed Study, Wk 16 Module: Self Directed Study										
Thu 20/11/2025			Self-Directed Study, Wk 16 Module: Self Directed Study			Asynchronous Independent Study (engagement monitored), Wk 16 Module: SPT417 (Academic Discovery within the Sport Sciences) Staff: Ferrari, Julian							
Friday 21/11/2025		Lecture, 09:30AM-12:30PM, Wk 16 Module: NAD402 (Introduction to Nutrition) Staff: Wild, Zowie Room: B121 PC Room (CISCO)				Self-Directed Study, Wk 16 Module: Self Directed Study							
Sat 22/11/2025													
Su 23/11/2025													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 17, wk starting 24/11/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 24/11/2025		Lecture, Wk 17 Modules: SES406 (Foundations of Anatomy and Exercise Physiology) SPT414 (Introduction to Anatomy and Physiology) Staff: Davies, Vicky; Nyambayo, Isabella Room: K201	Practical, Wk 17 Modules: SES406 (Foundations of Anatomy and Exercise Physiology) SPT414 (Introduction to Anatomy and Physiology) Staff: Arczewski, Amadeusz; Lewis1, Richard Room: M101 (Sports Lab)			Self-Directed Study, Wk 17 Module: Self Directed Study							
Tu 25/11/2025			Self-Directed Study, Wk 17 Module: Self Directed Study			Self-Directed Study, Wk 17 Module: Self Directed Study							
We 26/11/2025			Self-Directed Study, Wk 17 Module: Self Directed Study										
Thu 27/11/2025			Self-Directed Study, Wk 17 Module: Self Directed Study			Asynchronous Independent Study (engagement monitored), Wk 17 Module: SPT417 (Academic Discovery within the Sport Sciences) Staff: Ferrari, Julian							
Friday 28/11/2025		Lecture, 09:30AM-12:30PM, Wk 17 Module: NAD402 (Introduction to Nutrition) Staff: Wild, Zowie Room: CIB18				Group 1 In-Class Assessments, 01:00PM-02:30PM, Wk 17 Module: NAD402 (Introduction to Nutrition) Staff: Arczewski, Amadeusz; Wild, Zowie Room: M101 (Sports Lab)	Group 2 In-Class Assessments, 02:30PM-04:00PM, Wk 17 Module: NAD402 (Introduction to Nutrition) Staff: Arczewski, Amadeusz; Wild, Zowie Room: M101 (Sports Lab)						
Sat 29/11/2025													
Su 30/11/2025													



# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 18, wk starting 01/12/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 01/12/2025		Lecture, Wk 18 Modules: <a href="#">SES406</a> (Foundations of Anatomy and Exercise Physiology) SPT414 (Introduction to Anatomy and Physiology) Staff: Lewis1 Richard Room: <a href="#">K201</a>	Practical, Wk 18 Modules: <a href="#">FAW423</a> (Introduction to Sport Science in Football) <a href="#">SES406</a> (Foundations of Anatomy and Exercise Physiology); <a href="#">SPT414</a> (Introduction to Anatomy and Physiology) Staff: Lewis1, Richard Room: Sports Centre (Hockey Pitch)			Self-Directed Study, Wk 18 Module: Self Directed Study							
Tue 02/12/2025			Self-Directed Study, Wk 18 Module: Self Directed Study			Self-Directed Study, Wk 18 Module: Self Directed Study							
We 03/12/2025			Self-Directed Study, Wk 18 Module: Self Directed Study										
Thu 04/12/2025			Self-Directed Study, Wk 18 Module: Self Directed Study			Directed Study, Wk 18 Module: <a href="#">SPT417</a> (Academic Discovery within the Sport Sciences)							
Friday 05/12/2025		Lecture, 09:30AM-12:30PM, Wk 18 Module: <a href="#">NAD402</a> (Introduction to Nutrition) Staff: Wild, Zowie Room: <a href="#">CIB18</a>				Self-Directed Study, Wk 18 Module: Self Directed Study							
Sat 06/12/2025													
Su 07/12/2025													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 19, wk starting 08/12/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 08/12/2025		Lecture, Wk 19 Modules: <a href="#">SES406 (Foundations of Anatomy and Exercise Physiology)</a> ; <a href="#">SPT414 (Introduction to Anatomy and Physiology)</a> Staff: Lewis1, Richard Room: <a href="#">K201</a>	Practical, Wk 19 Modules: <a href="#">SES406 (Foundations of Anatomy and Exercise Physiology)</a> ; <a href="#">SPT414 (Introduction to Anatomy and Physiology)</a> Staff: Arczewski, Amadeusz; Lewis1, Richard Room: <a href="#">M101 (Sports Lab)</a>			Self-Directed Study, Wk 19 Module: <a href="#">Self Directed Study</a>							
Tu 09/12/2025			Self-Directed Study, Wk 19 Module: <a href="#">Self Directed Study</a>			Self-Directed Study, Wk 19 Module: <a href="#">Self Directed Study</a>							
We 10/12/2025			Self-Directed Study, Wk 19 Module: <a href="#">Self Directed Study</a>										
Thursday 11/12/2025			Self-Directed Study, Wk 19 Module: <a href="#">Self Directed Study</a>			Lecture, Wk 19 Module: <a href="#">SPT417 (Academic Discovery within the Sport Sciences)</a> Staff: Ferrari, Julian; Hughes, Chris; Lewis1, Richard Room: <a href="#">C18 Lecture Theatre</a>							
Friday 12/12/2025		Lecture, 09:30AM-12:30PM, Wk 19 Module: <a href="#">NAD402 (Introduction to Nutrition)</a> Staff: Wild, Zowie Room: <a href="#">CIB18</a>				Self-Directed Study, Wk 19 Module: <a href="#">Self Directed Study</a>							
Sat 13/12/2025													
Su 14/12/2025													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 21, wk starting 22/12/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mo 22/12/2025													
Tu 23/12/2025													
We 24/12/2025													
Th 25/12/2025	University is closed, Wk 21												
Fri 26/12/2025	University is closed, Wk 21												
Sat 27/12/2025	University is closed, Wk 21												
Su 28/12/2025	University is closed, Wk 21												

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 22, wk starting 29/12/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mo 29/12/2025	University is closed, Wk 22												
Tu 30/12/2025	University is closed, Wk 22												
We 31/12/2025	University is closed, Wk 22												
Th 01/01/2026	University is closed, Wk 22												
Fri 02/01/2026													
Sat 03/01/2026													
Su 04/01/2026													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 23, wk starting 05/01/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 05/01/2026		Lecture, Wk 23 Modules: FAW423 (Introduction to Sport Science in Football), SES406 (Foundations of Anatomy and Exercise Physiology), SPT414 (Introduction to Anatomy and Physiology) Staff: Lewis1, Richard Room: K201	Practical, Wk 23 Modules: SES406 (Foundations of Anatomy and Exercise Physiology), SPT414 (Introduction to Anatomy and Physiology) Staff: Arczewski, Amadeusz; Lewis1, Richard Room: M101 (Sports Lab)			Self-Directed Study, Wk 23 Module: Self Directed Study							
Tu 06/01/2026			Self-Directed Study, Wk 23 Module: Self Directed Study			Self-Directed Study, Wk 23 Module: Self Directed Study							
We 07/01/2026			Self-Directed Study, Wk 23 Module: Self Directed Study										
Thu 08/01/2026			Self-Directed Study, Wk 23 Module: Self Directed Study			Online Tutorials, Wk 23 Module: SPT417 (Academic Discovery within the Sport Sciences) Staff: Ferrari, Julian							
Friday 09/01/2026		Lecture, 09:30AM-12:30PM, Wk 23 Module: NAD402 (Introduction to Nutrition) Staff: Wild, Zowie Room: CIB18				Group 1 Practical, 01:00PM-02:30PM, Wk 23 Module: NAD402 (Introduction to Nutrition) Staff: Arczewski, Amadeusz; Wild, Zowie Room: M101 (Sports Lab)	Group 2 Practical, 02:30PM-04:00PM, Wk 23 Module: NAD402 (Introduction to Nutrition) Staff: Arczewski, Amadeusz; Wild, Zowie Room: M101 (Sports Lab)						
Sat 10/01/2026													
Su 11/01/2026													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 24, wk starting 12/01/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 12/01/2026		Lecture, Wk 24 Modules: <a href="#">FAW423 (Introduction to Sport Science in Football)</a> <a href="#">SES406 (Foundations of Anatomy and Exercise Physiology)</a> <a href="#">SPT414 (Introduction to Anatomy and Physiology)</a> Staff: Lewis1, Richard Room: <a href="#">K201</a>	Practical, Wk 24 Modules: <a href="#">SES406 (Foundations of Anatomy and Exercise Physiology)</a> ; <a href="#">SPT414 (Introduction to Anatomy and Physiology)</a> Staff: Arczewski, Amadeusz; Lewis1, Richard Room: <a href="#">M101 (Sports Lab)</a>			Self-Directed Study, Wk 24 Module: <a href="#">Self Directed Study</a>							
Tu 13/01/2026			Self-Directed Study, Wk 24 Module: <a href="#">Self Directed Study</a>			Self-Directed Study, Wk 24 Module: <a href="#">Self Directed Study</a>							
We 14/01/2026			Self-Directed Study, Wk 24 Module: <a href="#">Self Directed Study</a>										
Thursday 15/01/2026			Self-Directed Study, Wk 24 Module: <a href="#">Self Directed Study</a>			Online Tutorials, Wk 24 Module: <a href="#">SPT417 (Academic Discovery within the Sport Sciences)</a> Staff: Ferrari, Julian; Hughes, Chris; Lewis1, Richard							
Friday 16/01/2026		Lecture, 09:30AM-12:30PM, Wk 24 Module: <a href="#">NAD402 (Introduction to Nutrition)</a> Staff: Wild, Zowie Room: <a href="#">CIB18</a>				Self-Directed Study, Wk 24 Module: <a href="#">Self Directed Study</a>							
Sat 17/01/2026													
Su 18/01/2026													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 25, wk starting 19/01/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 19/01/2026			Self-Directed Study, Wk 25 Module: Self Directed Study			Self-Directed Study, Wk 25 Module: Self Directed Study							
Tuesday 20/01/2026			Self-Directed Study, Wk 25 Module: Self Directed Study			Self-Directed Study, Wk 25 Module: Self Directed Study							
Wed 21/01/2026			Self-Directed Study, Wk 25 Module: Self Directed Study										
Thursday 22/01/2026			Self-Directed Study, Wk 25 Module: Self Directed Study			Lecture, Wk 25 Module: <u>SPT417 (Academic Discovery within the Sport Sciences)</u> Staff: Ferrari, Julian; Hughes, Chris; Lewis1, Richard Room: <u>C18 Lecture Theatre</u>							
Friday 23/01/2026			Self-Directed Study, Wk 25 Module: Self Directed Study			Self-Directed Study, Wk 25 Module: Self Directed Study							
Sat 24/01/2026													
Su 25/01/2026													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 26, wk starting 26/01/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 26/01/2026			In-Class Assessments, 09:30AM-11:30AM, Wk 26  Module: <a href="#">SES406 (Foundations of Anatomy and Exercise Physiology)</a> Staff: Lewis1, Richard Room: <a href="#">L101 (PC Room)</a>			Lecture, Wk 26  Module: <a href="#">SES404 (Mechanisms to Explain Human Movement)</a> Staff: Ferrari, Julian Room: <a href="#">B114</a>							
Tuesday 27/01/2026			Lecture, Wk 26  Modules: <a href="#">SES405 (Fitness and Conditioning in Sport)</a> <a href="#">SPT445 (Fitness and Conditioning for Sport)</a> Staff: Hughes, Jonathan Room: <a href="#">C118</a>			Self-Directed Study, Wk 26  Module: Self Directed Study							
We 28/01/2026			Self-Directed Study, Wk 26  Module: Self Directed Study										
Thursday 29/01/2026			Lecture, Wk 26  Module: <a href="#">SPT418 (Human Behaviour in Sport)</a> Staff: King, Tom Room: <a href="#">K214</a>			Online Test, Wk 26  Module: <a href="#">SPT417 (Academic Discovery within the Sport Sciences)</a> Staff: Ferrari Julian; Hughes, Chris							
Fri 30/01/2026			Self-Directed Study, Wk 26  Module: Self Directed Study			Self-Directed Study, Wk 26  Module: Self Directed Study							
Sat 31/01/2026													
Su 01/02/2026													



# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 27, wk starting 02/02/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 02/02/2026			Self-Directed Study, Wk 27 Module: Self Directed Study			Lecture, Wk 27 Module: <a href="#">SES404 (Mechanisms to Explain Human Movement)</a> Staff: Ferrari, Julian Room: <a href="#">B114</a>							
Tuesday 03/02/2026			Lecture, Wk 27 Modules: <a href="#">SES405 (Fitness and Conditioning in Sport)</a> <a href="#">SPT445 (Fitness and Conditioning for Sport)</a> Staff: Hughes, Jonathan Room: <a href="#">Colliers Park</a>			Self-Directed Study, Wk 27 Module: Self Directed Study							
We 04/02/2026			Self-Directed Study, Wk 27 Module: Self Directed Study										
Thursday 05/02/2026			Lecture, Wk 27 Module: <a href="#">SPT418 (Human Behaviour in Sport)</a> Staff: King, Tom Room: <a href="#">K214</a>			Lecture, Wk 27 Module: <a href="#">SPT417 (Academic Discovery within the Sport Sciences)</a> Staff: Ferrari, Julian; Hughes, Chris; Lewis1, Richard Room: <a href="#">C18 Lecture Theatre</a>							
Fri 06/02/2026			Self-Directed Study, Wk 27 Module: Self Directed Study			Self-Directed Study, Wk 27 Module: Self Directed Study							
Sat 07/02/2026													
Su 08/02/2026													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 28, wk starting 09/02/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 09/02/2026		<div>Lecture, Wk 28</div> <div>Modules: <a href="#">FAW423 (Introduction to Sport Science in Football)</a>; <a href="#">SES406 (Foundations of Anatomy and Exercise Physiology)</a>; <a href="#">SPT414 (Introduction to Anatomy and Physiology)</a></div> <div>Staff: Lewis1, Richard</div> <div>Room: <a href="#">K201</a></div>				<div>Lecture, Wk 28</div> <div>Module: <a href="#">SES404 (Mechanisms to Explain Human Movement)</a></div> <div>Staff: Ferrari, Julian</div> <div>Room: <a href="#">B114</a></div>							
Tuesday 10/02/2026			<div>Lecture, Wk 28</div> <div>Modules: <a href="#">SES405 (Fitness and Conditioning in Sport)</a>; <a href="#">SPT445 (Fitness and Conditioning for Sport)</a></div> <div>Staff: Hughes, Jonathan</div> <div>Room: <a href="#">Colliers Park</a></div>			<div>Self-Directed Study, Wk 28</div> <div>Module: Self Directed Study</div>							
We 11/02/2026			<div>Self-Directed Study, Wk 28</div> <div>Module: Self Directed Study</div>										
Thursday 12/02/2026			<div>Lecture, Wk 28</div> <div>Module: <a href="#">SPT418 (Human Behaviour in Sport)</a></div> <div>Staff: King, Tom</div> <div>Room: <a href="#">K214</a></div>			<div>Lecture, Wk 28</div> <div>Module: <a href="#">SPT417 (Academic Discovery within the Sport Sciences)</a></div> <div>Staff: Hughes, Chris</div> <div>Room: <a href="#">C18</a></div> <div><a href="#">Lecture Theatre</a></div>							
Fri 13/02/2026			<div>Self-Directed Study, Wk 28</div> <div>Module: Self Directed Study</div>			<div>Self-Directed Study, Wk 28</div> <div>Module: Self Directed Study</div>							
Sat 14/02/2026													
Su 15/02/2026													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 29, wk starting 16/02/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 16/02/2026			Self-Directed Study, Wk 29 Module: Self Directed Study			Self-Directed Study, Wk 29 Module: Self Directed Study							
Tuesday 17/02/2026			Self-Directed Study, Wk 29 Module: Self Directed Study			Self-Directed Study, Wk 29 Module: Self Directed Study							
Wed 18/02/2026			Self-Directed Study, Wk 29 Module: Self Directed Study										
Thu 19/02/2026			Self-Directed Study, Wk 29 Module: Self Directed Study			Self-Directed Study, Wk 29 Module: Self Directed Study							
Friday 20/02/2026			Self-Directed Study, Wk 29 Module: Self Directed Study			Self-Directed Study, Wk 29 Module: Self Directed Study							
Sat 21/02/2026													
Su 22/02/2026													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 30, wk starting 23/02/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 23/02/2026		Asynchronous Independent Study (engagement monitored), Wk 30  Modules: FAW423 (Introduction to Sport Science in Football) SES406 (Foundations of Anatomy and Exercise Physiology) Staff: Lewis1, Richard	Online Tutorials, Wk 30 Module: SES406 (Foundations of Anatomy and Exercise Physiology)			Lecture, Wk 30 Module: SES404 (Mechanisms to Explain Human Movement) Staff: Ferrari, Julian Room: B114							
Tuesday 24/02/2026			Lecture, Wk 30 Modules: SES405 (Fitness and Conditioning in Sport) SPT445 (Fitness and Conditioning for Sport) Staff: Hughes, Jonathan Room: Colliers Park			Self-Directed Study, Wk 30 Module: Self Directed Study							
We 25/02/2026			Self-Directed Study, Wk 30 Module: Self Directed Study										
Thursday 26/02/2026			Lecture, Wk 30 Module: SPT418 (Human Behaviour in Sport) Staff: King, Tom Room: K214			Lecture, Wk 30 Module: SPT417 (Academic Discovery within the Sport Sciences) Staff: Ferrari, Julian; Hughes, Chris; Lewis1, Richard Room: C18 Lecture Theatre							
Fri 27/02/2026			Self-Directed Study, Wk 30 Module: Self Directed Study			Self-Directed Study, Wk 30 Module: Self Directed Study							
Sat 28/02/2026													
Su 01/03/2026													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 31, wk starting 02/03/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 02/03/2026		Asynchronous Independent Study (engagement monitored), Wk 31  Modules: FAW423 (Introduction to Sport Science in Football) SES406 (Foundations of Anatomy and Exercise Physiology) Staff: Lewis1, Richard	Drop-in Session, Wk 31 Module: SES406 (Foundations of Anatomy and Exercise Physiology) Staff: Lewis1, Richard Room: ELC Lecture Theatre A			Lecture, Wk 31 Module: SES404 (Mechanisms to Explain Human Movement) Staff: Ferrari, Julian Room: B114							
Tuesday 03/03/2026			Lecture, Wk 31 Modules: SES405 (Fitness and Conditioning in Sport) SPT445 (Fitness and Conditioning for Sport) Staff: Hughes, Jonathan Room: Colliers Park			Self-Directed Study, Wk 31 Module: Self Directed Study							
We 04/03/2026			Self-Directed Study, Wk 31 Module: Self Directed Study										
Thursday 05/03/2026			Lecture, Wk 31 Module: SPT418 (Human Behaviour in Sport) Staff: King, Tom Room: K214			Lecture, Wk 31 Module: SPT417 (Academic Discovery within the Sport Sciences) Staff: Ferrari, Julian; Hughes, Chris; Lewis1, Richard Room: C18 Lecture Theatre							
Fri 06/03/2026			Self-Directed Study, Wk 31 Module: Self Directed Study			Self-Directed Study, Wk 31 Module: Self Directed Study							
Sat 07/03/2026													
Su 08/03/2026													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 32, wk starting 09/03/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 09/03/2026			Self-Directed Study, Wk 32 Module: Self Directed Study			Lecture, Wk 32 Module: <a href="#">SES404 (Mechanisms to Explain Human Movement)</a> Staff: Ferrari, Julian Room: <a href="#">B114</a>							
Tuesday 10/03/2026			Lecture, Wk 32 Modules: <a href="#">SES405 (Fitness and Conditioning in Sport)</a> <a href="#">SPT445 (Fitness and Conditioning for Sport)</a> Staff: Hughes, Jonathan Room: <a href="#">Colliers Park</a>			Self-Directed Study, Wk 32 Module: Self Directed Study							
We 11/03/2026			Self-Directed Study, Wk 32 Module: Self Directed Study										
Thursday 12/03/2026			Lecture, Wk 32 Module: <a href="#">SPT418 (Human Behaviour in Sport)</a> Staff: King, Tom Room: <a href="#">K214</a>			Lecture, Wk 32 Module: <a href="#">SPT417 (Academic Discovery within the Sport Sciences)</a> Staff: Ferrari, Julian; Hughes, Chris; Lewis1, Richard Room: <a href="#">C18 Lecture Theatre</a>							
Fri 13/03/2026			Self-Directed Study, Wk 32 Module: Self Directed Study			Self-Directed Study, Wk 32 Module: Self Directed Study							
Sat 14/03/2026													
Su 15/03/2026													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 33, wk starting 16/03/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 16/03/2026			Self-Directed Study, Wk 33 Module: Self Directed Study			Tutorials, Wk 33 Module: <a href="#">SES404 (Mechanisms to Explain Human Movement)</a> Staff: Ferrari, Julian							
Tuesday 17/03/2026			Lecture, Wk 33 Modules: <a href="#">SES405 (Fitness and Conditioning in Sport)</a> <a href="#">SPT445 (Fitness and Conditioning for Sport)</a> Staff: Hughes, Jonathan Room: <a href="#">Colliers Park</a>			Self-Directed Study, Wk 33 Module: Self Directed Study							
We 18/03/2026			Self-Directed Study, Wk 33 Module: Self Directed Study										
Thursday 19/03/2026			Lecture, Wk 33 Module: <a href="#">SPT418 (Human Behaviour in Sport)</a> Staff: King, Tom Room: <a href="#">K214</a>			Lecture, Wk 33 Module: <a href="#">SPT417 (Academic Discovery within the Sport Sciences)</a> Staff: Ferrari, Julian; Hughes, Chris; Lewis1, Richard Room: <a href="#">C18 Lecture Theatre</a>							
Fri 20/03/2026			Self-Directed Study, Wk 33 Module: Self Directed Study			Self-Directed Study, Wk 33 Module: Self Directed Study							
Sat 21/03/2026													
Su 22/03/2026													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 34, wk starting 23/03/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 23/03/2026			Self-Directed Study, Wk 34 Module: Self Directed Study			Lecture, Wk 34 Module: <a href="#">SES404 (Mechanisms to Explain Human Movement)</a> Staff: Ferrari, Julian Room: <a href="#">B114</a>							
Tuesday 24/03/2026			Lecture, Wk 34 Modules: <a href="#">SES405 (Fitness and Conditioning in Sport)</a> <a href="#">SPT445 (Fitness and Conditioning for Sport)</a> Staff: Hughes, Jonathan Room: <a href="#">Colliers Park</a>			Self-Directed Study, Wk 34 Module: Self Directed Study							
We 25/03/2026			Self-Directed Study, Wk 34 Module: Self Directed Study										
Thursday 26/03/2026			Online Tutorials, Wk 34 Module: <a href="#">SPT418 (Human Behaviour in Sport)</a> Staff: King, Tom			Asynchronous Independent Study (engagement monitored), Wk 34 Module: <a href="#">SPT417 (Academic Discovery within the Sport Sciences)</a> Staff: Ferrari, Julian							
Fri 27/03/2026			Self-Directed Study, Wk 34 Module: Self Directed Study			Self-Directed Study, Wk 34 Module: Self Directed Study							
Sat 28/03/2026													
Su 29/03/2026													



# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 35, wk starting 30/03/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mo 30/03/2026													
Tu 31/03/2026													
We 01/04/2026													
Th 02/04/2026													
Fri 03/04/2026	Bank Holiday University is closed, Wk 35												
Sat 04/04/2026	University is closed, Wk 35												
Su 05/04/2026	University is closed, Wk 35												

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 36, wk starting 06/04/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mo 06/04/2026	Bank Holiday University is closed, Wk 36												
Tu 07/04/2026	University is closed, Wk 36												
We 08/04/2026													
Th 09/04/2026													
Fri 10/04/2026													
Sat 11/04/2026													
Su 12/04/2026													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 37, wk starting 13/04/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 13/04/2026			Self-Directed Study, Wk 37 Module: Self Directed Study			Lecture, Wk 37 Module: <a href="#">SES404 (Mechanisms to Explain Human Movement)</a> Staff: Ferrari, Julian Room: <a href="#">B114</a>							
Tuesday 14/04/2026			Online Tutorials, Wk 37 Modules: <a href="#">SES405 (Fitness and Conditioning in Sport)</a> <a href="#">SPT445 (Fitness and Conditioning for Sport)</a> Staff: Hughes, Jonathan			Self-Directed Study, Wk 37 Module: Self Directed Study							
Wed 15/04/2026			Self-Directed Study, Wk 37 Module: Self Directed Study										
Thursday 16/04/2026			Lecture, Wk 37 Module: <a href="#">SPT418 (Human Behaviour in Sport)</a> Staff: King, Tom Room: <a href="#">K214</a>			Online Tutorials, Wk 37 Module: <a href="#">SPT417 (Academic Discovery within the Sport Sciences)</a> Staff: Ferrari, Julian							
Friday 17/04/2026			Self-Directed Study, Wk 37 Module: Self Directed Study			Self-Directed Study, Wk 37 Module: Self Directed Study							
Sat 18/04/2026													
Su 19/04/2026													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 38, wk starting 20/04/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 20/04/2026			Self-Directed Study, Wk 38 Module: Self Directed Study			Lecture, Wk 38 Module: <a href="#">SES404 (Mechanisms to Explain Human Movement)</a> Staff: Ferrari, Julian Room: <a href="#">B114</a>							
Tuesday 21/04/2026			Directed Study, Wk 38 Modules: <a href="#">SES405 (Fitness and Conditioning in Sport)</a> <a href="#">SPT445 (Fitness and Conditioning for Sport)</a>			Self-Directed Study, Wk 38 Module: Self Directed Study							
Wed 22/04/2026			Self-Directed Study, Wk 38 Module: Self Directed Study										
Thursday 23/04/2026			Lecture, Wk 38 Module: <a href="#">SPT418 (Human Behaviour in Sport)</a> Staff: King, Tom Room: <a href="#">K214</a>			Self-Directed Study, Wk 38 Module: Self Directed Study							
Friday 24/04/2026			Self-Directed Study, Wk 38 Module: Self Directed Study			Self-Directed Study, Wk 38 Module: Self Directed Study							
Sat 25/04/2026													
Su 26/04/2026													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 39, wk starting 27/04/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 27/04/2026			Self-Directed Study, Wk 39 Module: Self Directed Study			Lecture, Wk 39 Module: <a href="#">SES404 (Mechanisms to Explain Human Movement)</a> Staff: Ferrari, Julian Room: <a href="#">B114</a>							
Tuesday 28/04/2026			Self-Directed Study, Wk 39 Module: Self Directed Study			Self-Directed Study, Wk 39 Module: Self Directed Study							
Wed 29/04/2026			Self-Directed Study, Wk 39 Module: Self Directed Study										
Thursday 30/04/2026			Lecture, Wk 39 Module: <a href="#">SPT418 (Human Behaviour in Sport)</a> Staff: King, Tom Room: <a href="#">K214</a>			Self-Directed Study, Wk 39 Module: Self Directed Study							
Friday 01/05/2026			Self-Directed Study, Wk 39 Module: Self Directed Study			Self-Directed Study, Wk 39 Module: Self Directed Study							
Sat 02/05/2026													
Su 03/05/2026													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 40, wk starting 04/05/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mo 04/05/2026	Bank Holiday University is closed, Wk 40												
Tuesday 05/05/2026			Self-Directed Study, Wk 40 Module: Self Directed Study			Self-Directed Study, Wk 40 Module: Self Directed Study							
Wed 06/05/2026			Self-Directed Study, Wk 40 Module: Self Directed Study										
Thu 07/05/2026			Self-Directed Study, Wk 40 Module: Self Directed Study			Self-Directed Study, Wk 40 Module: Self Directed Study							
Friday 08/05/2026			Self-Directed Study, Wk 40 Module: Self Directed Study			Self-Directed Study, Wk 40 Module: Self Directed Study							
Sat 09/05/2026													
Su 10/05/2026													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 41, wk starting 11/05/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 11/05/2026			Self-Directed Study, Wk 41 Module: Self Directed Study			Lecture, Wk 41 Module: <a href="#">SES404 (Mechanisms to Explain Human Movement)</a> Staff: Ferrari, Julian Room: <a href="#">B114</a>							
Tuesday 12/05/2026			Self-Directed Study, Wk 41 Module: Self Directed Study			Self-Directed Study, Wk 41 Module: Self Directed Study							
Wed 13/05/2026			Self-Directed Study, Wk 41 Module: Self Directed Study										
Thu 14/05/2026			Self-Directed Study, Wk 41 Module: Self Directed Study			Self-Directed Study, Wk 41 Module: Self Directed Study							
Friday 15/05/2026			Self-Directed Study, Wk 41 Module: Self Directed Study			Self-Directed Study, Wk 41 Module: Self Directed Study							
Sat 16/05/2026													
Su 17/05/2026													

# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 43, wk starting 25/05/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mo 25/05/2026	Bank Holiday University is closed, Wk 43												
Tu 26/05/2026													
We 27/05/2026													
Th 28/05/2026													
Fri 29/05/2026													
Sat 30/05/2026													
Su 31/05/2026													



# Wrexham University Academic Timetables

## Group timetable - BSc (Hons) Sports and Exercise Science - Year 1 - Full Time (Wk 5, wk starting 31/08/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mo 31/08/2026	Bank Holiday University is closed, Wk 5												
Tu 01/09/2026													
We 02/09/2026													
Th 03/09/2026													
Fri 04/09/2026													
Sat 05/09/2026													
Su 06/09/2026													