



# BODY COMPOSITION RESIDENTIAL | COURSE TIMETABLE

09.00 - REGISTRATION

9.30 - Introduction,  
Methods & Myths of Body  
Composition

11.00 - Skeletal  
Landmarks

10.45 - BREAK

13.00 - LUNCH

16:45 - Data  
Interpretation & Client  
Feedback

14.00 - Skinfold & Girth  
Measurements

17.30 - FINISH

19.30 - 3 COURSE DINNER

20.30 - DRINKS