

EXAMINATION SCHEDULE FOR EXFIT COURSES

EXAMINATIONS	TYPE	TIME	2008					2009				
			AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	
BASIC EXERCISE COURSE	Theory	1600hr - 1700hr	22 nd			14 th				20 th		
BASIC EXERCISE COURSE	Theory	1730hr - 1830hr	22 nd			14 th				20 th		
FITNESS INSTRUCTOR COURSE	Theory	1600hr - 1830hr				12 th				18 th		
FITNESS INSTRUCTOR COURSE	Theory	1900hr - 2130hr				12 th				18 th		
FITNESS INSTRUCTOR COURSE	Practical	0900hr - 1800hr				15 th				21 st		
AEROBIC INSTRUCTOR COURSE	Theory	1900hr - 2100hr						10 th				
AEROBIC INSTRUCTOR COURSE	Practical	0900hr - 1200hr						13 th				
NAPFA TESTER COURSE	Theory	1600hr -1700hr		5 th				5 th			6 th	

- 1) SSC shall provide 2 weeks' notice to the candidates should circumstances require a change in date for any of the above examinations.
- 2) SSC shall inform candidates the examination venue via email 2 weeks before the examination.