



SPORTS COURSES 2016 -2017

Level 5 Sport Recreation & Exercise

QQI Level 5 – 5M5146

This course provides successful graduates with the opportunity to seek employment in the sport and leisure industry. Students gain the knowledge and understanding of physical fitness and exercise on both a practical and a theoretical basis. There is a course fee of €100 to include code of ethics training, sports first aid training and equipment maintenance

Specific Entry Requirements

Applicants who are offered a place on the course must also satisfactorily complete Garda Vetting

Course Content

Sport & Recreation Studies, Exercise & Fitness, Safety & Health at Work, Sports Anatomy & Physiology, GAA Coaching, Customer Service, Communications, and Work Experience

Certification

QQI Level 5 - Sport and Recreation award
Certificate in sports specific first aid
Certificate in Code of Ethics & Good Practice for Children's Sport

Career Opportunities/Progression

On successful completion of this one year course graduates with a Sport and Recreation award are prepared for employment in a range of sport and leisure venues such as gyms, health clubs, sports complexes and leisure centres. The award is also beneficial in assisting graduates who wish to enter an Garda Síochána, the defence forces and fire service. Graduates in receipt of the award are eligible to apply for the Sports and Recreation Award at Level 6 course in St Louis Community School and other further education institutions both in Ireland and the UK.



Level 6 Sport Recreation & Exercise

QQI Level 6 – 6M5147 and ITEC – Certificate in Fitness Instructing (gym based)

This course will provide successful graduates the opportunity to seek employment in the sport and leisure industry. It will also afford them the opportunity to apply for courses in higher education institutions. There is a course fee of €200 to include a code of ethics training, ITEC registration and sports first aid training

Specific Entry Requirements

QQI Level 5 Sport and Recreation award or
Equivalent award in Sport and Recreation or
Significant occupational experience and recommendation
Applicants who are offered a place on the course must also satisfactorily complete Garda Vetting

Course Content

GAA Coaching, Health Promotion, Exercise & Fitness, Sports Industry Practice
Sports Psychology, Sports Nutrition, Communications and Work Experience

Certification

QQI - Level 6 Sport and Recreation
Certificate in sports specific first aid
Certificate in Code of Ethics & Good Practice for Children's Sport
ITEC – Certificate in Fitness Instructing (gym based) (optional extra registration & exam fees payable)

Career Opportunities/Progression

On successful completion of this one year course graduates with a range of qualifications are enabled to work as Fitness Instructors and Regional and Community Sports Development officers. Graduates may also be eligible to apply for further education courses.

