

Sports, Recreation and Exercise

*ITEC Gym Instructor / Personal Trainer

Course Information

The purpose of this QQI level 5 award is to enable the learner to acquire the knowledge, skill and competence in a range of sports, recreation and exercise activities to work under supervision in a variety of sports related contexts and/or to progress to further and or higher education and training.

Course Content

Component Title	Code
Communications	5N0690
The purpose of this award is to equip the learner with the relevant knowledge, skill and competence to communicate verbally and non-verbally in standard everyday tasks and in work-related tasks, operating independently while under general direction.	
Work Experience	5N1356
The purpose of this award is to equip the learner with the relevant knowledge, skill and competence to participate in the workplace for a limited time, carrying out work-related tasks independently while under general direction.	
Exercise and Fitness	5N2668
This programme module aims to equip the learner with the knowledge and instructional skills to assist an exercise instructor in the delivery of a safe and effective exercise programme or class.	
Nutrition	5N2006
The purpose of this award is to equip the learner with the knowledge, skill and competence in the nutritional composition of food and the effects of food and nutrition on an individual's health and personal wellbeing.	
Sport and Recreation Studies	5N2667
This programme module aims to equip the learner with the knowledge, skill and competence in the theory and practice underpinning sport and recreation activities to enable the learner to work under supervision in a variety of sport, recreation and exercise contexts.	

Sports Anatomy and Physiology	5N4648
This programme module aims to equip the learner with knowledge of human anatomy and physiology and how it is relevant to participation in sports and exercise.	
Coaching	Various
The purpose of these modules is to provide a Learner with the relevant knowledge and skills for training and coaching in a range of areas	
Occupational First Aid	5N1207
The purpose of this award is to equip the learner with the knowledge, skill and competence to provide and co-ordinate first aid in the workplace in compliance with the requirements of the Safety, Health and Welfare at Work (General Application) Regulations 2007 and the associated Guide to these Regulations.	

Award Information

QQI Level 5 certificate in Sports, Recreation and Exercise (5M5146)
 *ITEC Level 3 Gym Instructor & Personal Trainer (Optional)

Duration

1 year

Entry Requirements

Leaving Certificate or Leaving Certificate Applied or FETAC Level 4. For mature candidates (21+) experience will be considered in lieu of academic qualifications.

Note: This course requires participants to be Garda vetted. Continued participation on the course and work placement is dependent on the successful completion of this process

Course Fees

Student Services €125, Government Levy €200 (Medical card holders exempt), QQI Exam fees €50 (Medical card holders exempt), Tracksuit €100, Speed, Agility & Quickness (SAQ) €200, Kickstart 1 & 2 (FAI) €120 **Total: €795 (€545 with Medical Card). *ITEC Examination fees are extra.**

Further Studies

Graduates of this QQI Level 5 course can progress to a range of Level 6 options in **Coláiste Stiofáin Naofa**: Coach Education 2, Leisure and Recreation 2, Soccer Studies 2 etc. **Cork Institute of Technology**: Bachelor of Business in Recreation and Leisure Management (CR32) ; **University College Cork**: Sports Studies and Physical Education (CK116)

Further Information

For information and application contact: info@citynorthcollege.ie
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