



Exercise & Health Fitness

FETAC Level 5 Certificate in Sport & Recreation (DSRXX)

Level 1 Certificate in Exercise & Health Fitness (University of Limerick)

Course Coordinator: John Kavanagh



Modules (FETAC)

- Sports & Recreation Studies
- Leisure Facility Administration
- Leisure Facility Management
- Health Related Fitness
- Nutrition
- Customer Service
- Communications
- Work Experience

Modules (NCEF/UL)

- Kinesiology
- Lifestyle, Fitness & Wellness
- Health-related physical fitness
- Assessment & programme Design
- Exercise & Health fitness management and Work Placement
- Occupational first Aid for Exercise and Physical Activity
- Applied Exercise & Health
- Fitness 1: Exercise to Music)
- Applied Exercise & Health
- Fitness 2: Resistance Training
- Applied Exercise & Health
- Fitness 3: Circuit Training & Body Conditioning)
- Applied Exercise & Health
- Fitness 4: Step Training & Flexibility

Description:

This is a one-year, full-time course that aims to develop the skills and knowledge necessary to pursue a career in the leisure industry.

Certification:

Students will pursue the Level 5 award in Sport and Recreation from the Further Education and Training Awards Council (FETAC) and the Exercise and Fitness Level 1 award offered by the National Council for Exercise and Fitness. (NCEF) and accredited by the University of Limerick.

Basic Entry Requirements

- Leaving Certificate, Leaving Cert Applied or equivalent.
- The course is designed for students of all ages and abilities.
- Successful completion of an interview

Progression

- A range of programmes at Higher-Level Institutions.
- Opportunities to work in gym instruction, exercise class facilitation, facility management positions, personal training, coaching, sports retailing and various health and fitness related fields.