



Certificate in Sport, Recreation and Exercise (5M5146)

Course Content

Module Name	
Sport & Recreation Studies 5N2667	This module provides learners with an understanding of key aspects of the sport and leisure industry including areas such as the historical development of sport and contemporary issues such as social and political issues as well as sports tourism.
Exercise & Fitness 5N2668	This module provides learners with the skills and knowledge to assist in the delivery of safe and appropriate exercise and fitness programmes. Areas of study include: Applied Anatomy and Physiology, Fitness Training Theory, Managing an Exercise Session, Exercise to Music, Circuit Training and Flexibility and Resistance Training.
Leisure Facility Administration 5N4666	This module is designed to prepare learners to work as assistants in the leisure industry and to ensure that learners develop the appropriate knowledge and skills for effective facility administration and safe work practices. Areas of study include: Facility Administration, Promoting the Leisure Facility and Safe Work Practices.
Soccer Coaching 5N4887	This module is designed to provide the learner with the skills to coach children (aged 6-9 years) at the fundamental phase of the soccer pathway. Learners will be able to plan well structured, stimulating and safe fun soccer games and develop fundamental movement skills.
Gaelic Football Coaching 5N5085	This module provides learners with the ability to plan, implement and evaluate a programme of coaching to cater for the needs of Gaelic footballers in the fundamental phase. Learners will develop their knowledge of Gaelic football and coaching skills and be able to develop physical literacy skills in young players.
Lifeguarding/Swimming & Water Safety 5N2255	This module provides learners with the understanding of the role and responsibilities of a lifeguard. They develop the communication skills and swimming, rescue and resuscitation skills required to operate as a lifeguard. They also learn to deal effectively with accidents and emergencies.
Communications 5N0690	The purpose of this module is to facilitate learners to acquire communications skills relevant to vocational and personal development and to explore the use of modern information and communications technology (ICT), in personal and vocational life.
Work Experience 5N1356	This module provides learners with the personal knowledge, skills and capacity to participate in a suitable work placement under supervision for a limited time. It includes good timekeeping, working under direction, meeting deadlines, personal presentation, communication, adherence to health, safety and other relevant regulations.
Occupational First Aid 5N1207	Areas covered include: cardiac first response, wounds and bleeding, musculoskeletal injuries, altered levels of consciousness, burns and scalds
Nutrition 5N2006	This module aims to equip the learner with the knowledge, skill and competence to understand the nutritional composition of food and the effects of food and nutrition on an individual's health and personal well-being
Sports Anatomy & Physiology 5N4648	This module aims to equip the learner with knowledge of human anatomy and physiology and how it is relevant to participation in sports and exercise

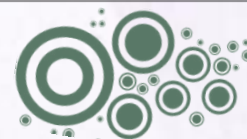
Modules may be subject to change

This course will facilitate the learner to explore the Sport Recreation and Exercise industry where they will re-skill/up-skill in areas such as coaching, fitness instruction, swimming and gain knowledge in sport related subject areas that provide them with a knowledge base for future educational programmes or employment.



Moate Business College students are eligible under the same conditions that apply to any third level institution for the government paid maintenance grant.

Apply to S.U.S.I on
www.studentfinance.ie



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Certification

On successful completion of the course, candidates who reach the required standard will receive the following awards:

- QQI Level 5 Certificate in Sport, Recreation and Exercise (5M5146)
- OFA Certification with Occupational First Aid
- IWS - Pool Lifeguarding
- FAI- Kickstart 1 & 2 + (4 x 4 workshop)
- GAA- Foundation level + (Level 1)
- Code of Ethics



Career Opportunities

- Sports Coaching • Health & Fitness Centres • Swimming Pools • Summer Camps • Sports Retail Outlets • Sports Development

Possible Progression from this Course

<u>Athlone Institute of Technology</u>		<u>Limerick Institute of Technology</u>	
AL663 Business (Sport & Recreation)	L6	Sports Coaching & Development LC228	L6
AL761 Hotel and Leisure Management	L7	Business with Sports Management LC295	L8
AL760 Spa and Wellness Management	L7	Sports Strength & Conditioning (Thurles) LC422	L8
		Sports Strength & Conditioning (Thurles) LC423	L7
<u>Institute of Technology Blanchardstown</u>		<u>Letterkenny Institute of Technology</u>	
Sports Management and Coaching BN020	L7	Sports Studies LY206	L6
Sports Management and Coaching BN111	L8	Sports Coaching and Performance LY228	L8
<u>University College Cork</u>		<u>Institute of Technology, Sligo</u>	
Sports Studies & Physical Education CK116	L8	Recreation and Leisure SG134	L7
		Health Science and Physiology SG435	L7
<u>Institute of Technology, Carlow</u>		<u>Tralee Institute of Technology</u>	
Physiology & Health Science CW106	L6	Adventure Tourism Management TL721	L7
Sport Science CW178	L8	Health and Leisure TL771	L7
Sports Rehabilitation and Athletic Therapy CW188	L8	Health and Leisure with Massage TL772	L7
Strength and Conditioning CW198	L8	Adventure Tourism Management TL821	L8
Sport & Exercise (GAA) - Portfolio CW807	L7		
Sport & Exercise (Rugby) - Portfolio CW817	L7	<u>Waterford Institute of Technology</u>	
Sport & Exercise (Soccer) - Portfolio CW827	L7	Recreation and Sport Management WD019	L7
Sports Management and Coaching CW858	L7	Health Promotion WD124	L8
(Options: GAA, Rugby, Soccer) - Portfolio	L8	Exercise and Health Studies WD125	L8
		Sports Coaching and Performance WD186	L8

Note: This is not an exhaustive list. Students may also progress to colleges in the UK through the UCAS system