

SPORTS, RECREATION AND EXERCISE

COURSE CODE: 5M5146

LEVEL 5



This course will facilitate the student to explore the Sport Recreation and Exercise industry. Students 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.

Course Content

Module Name	Description
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

Career Opportunities

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

Certification

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

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



Fees

There are no tuition fees payable to Moate Business College. However, please note that there are costs involved in taking a course, e.g. exam fees, professional body registration fees, etc. A student registration fee must be paid on joining the course.

Grant

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

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

**Moate Business College,
Lake Road, Moate, Co Westmeath**

Tel: 090 6481178

Email: mbcadmin@eircom.net



Possible Progression from this Course

Progression routes are also available to colleges & universities in the UK through the UCAS application.

Athlone Institute of Technology

AL663	Business (Sport & Recreation) L6
AL761	Hotel and Leisure Management L7
AL760	Spa and Wellness Management L7

Institute of Technology Blanchardstown

BN020	Sports Management and Coaching L7
BN111	Sports Management and Coaching L8

University College Cork

CK116	Sports Studies & Physical Education L8
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Institute of Technology, Carlow

CW106	Physiology & Health Science L6
CW178	Sport Science L8
CW188	Sports Rehabilitation and Athletic Therapy L8
CW198	Strength and Conditioning L8
CW807	Sport Coaching & Business Management – GAA Portfolio L7
CW817	Sport Coaching & Business Management – Rugby Portfolio L7
CW827	Sport Coaching & Business Management – Soccer Portfolio L7
CW858	Sports Management and Coaching (Options: GAA, Rugby, Soccer) - Portfolio L8

Limerick Institute of Technology

LC228	Sports Coaching & Development L6
LC295	Business with Sports Management L8
LC422	Sports Strength & Conditioning (Thurles) L8
LC423	Sports Strength & Conditioning (Thurles) L7

Letterkenny Institute of Technology

LY206	Sports Studies L6
LY228	Sports Coaching and Performance L8

Institute of Technology, Sligo

SG134	Applied Sport with Business L7
SG435	Health Science and Physiology L7
SG434	Human Nutrition
SG447	Health Science and Physical Activity

Tralee Institute of Technology

TL771	Health and Leisure L7
TL772	Health and Leisure with Massage L7
TL871	Health and Leisure L8

Waterford Institute of Technology

WD019	Recreation and Sport Management L7
WD124	Health Promotion L8
WD125	Exercise and Health Studies L8
WD186	Sports Coaching and Performance L8