

SPORT, ANATOMY AND NUTRITION

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.

Entry Requirements

- Leaving Certificate standard or QQI Level 4
- Mature students (23+) are welcome to apply

Course Content

- Sport & Recreation Studies 5N2667
- Exercise & Fitness 5N2668
- Leisure Facility Administration 5N4666
- Soccer Coaching 5N4887
- Gaelic Football Coaching 5N5085
- Deep/ Shallow Water Pool Lifeguard Skills 6N18421 / 5N18417
- Nutrition 5N2006
- Sports Anatomy & Physiology 5N4648
- Communications 5N0690
- Work Experience 5N1356 or Personal & Professional Development 5N2985

Please note the above modules are subject to change.

**For possible progression routes click the progression link on the Sport, Anatomy and Nutrition course page on our website:
www.moatebusinesscollege.com**

Career Opportunities

On successful completion of the Level 5 Sport, Anatomy and Nutrition Programme, students may seek employment in gyms, leisure centres, swimming pools as well as in the area of coaching.

Successful graduates of this course are eligible to work in a variety of settings which include:

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

Certification

Awarding Body:	QQI
Award Title:	Certificate in Sports, Recreation and Exercise
Award Code:	5M5146
Level:	5

Additional Certification: First Aid Responder / Safeguarding 1 Child Protection Certificate - Sports Ireland, FAI - PDP 1 & PDP 2 / GAA Foundation Award / IWS Pool Lifeguard Award

Any Questions? email: miriamhally@moatebc.com

