



Course Description

The aim of this Sports, Recreation and Leisure course is to assist learners to gain and apply a range of skills and knowledge in a variety of Sports and Recreation contexts.

The course comprises of both theoretical and practical modules so that learners can learn the science behind the skills that they will apply in real life situations in the workplace. The course also offers a work experience module so that learners can put the skills and theory they have learned into practice. The duration of this course is 51 weeks.

CERTIFICATION

Upon successful completion of this course, learners will receive a QQI Major Award in **Sports Recreation & Exercise** 5M5146

Other Awards which can be achieved on successful completion of the course:

National Pool Lifeguard
Assistant Swim Teacher
First Aid Responder (PHEEC)

COURSE EQUIPMENT & MATERIALS

All training materials are provided.

COURSE CONTENT

Sport and Recreation Studies 5N2667

Exercise and Fitness 5N2668

Customer Service 5n0972

Nutrition 5N2006

Safety And Health At Work 5N1794

Sports Anatomy and Physiology 5N4648

Leisure Facility Administration 5N4666

Work Practice Sports Recreation and Exercise 5N1433

First Aid Responder

National Pool Lifeguard

National Swim Assistant Teacher

JOB OPPORTUNITIES

This course will enable learners to work under supervision in the sports and leisure industry. It also acts as a foundation to progress to further and / or higher education and training.

LEARNER ENTRY REQUIREMENTS

Education: Applicants seeking entry onto the programme must have reached the Junior Certificate level or its equivalent.

Aptitude: Excellent verbal and written skills. Aptitude for and demonstrate keen interest in fitness / sport activities. The National Pool Lifeguard award requires learners to be able to swim 100 metres (at a minimum) on their front and 100 metres on their back, surface dive and recover an object from the deepest part of a pool. Applicants must be 16 years of age, or older at the time of the Pool Lifeguard examination.

Previous Experience: Previous sporting experience would be an advantage as would any other sport / exercise programme undertaken.



NEXT COURSES
Course starting in
Tramore
September 2022
For further details contact

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or
Email

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