

SPORTS, RECREATION AND EXERCISE (5M5146) – Level 5

The purpose of this award is to enable the learner to acquire the knowledge, skill and competence in a range of sports, recreation and exercise activities to work independently and under supervision in a variety of sports related contexts and or to progress to higher education and training.

- **This course prepares you for the world of work and immediate employment**
- **QQI results may be used to progress to further education in Institutes of Technology and universities**

ENTRY REQUIREMENTS

Education: No formal education or qualifications are required although applicants may have participated in primary and secondary education. Applicants will be expected to demonstrate a standard of knowledge, skill and competence equivalent to NFQ Level 4 when accessing a Level 5 programme.

Aptitude: Applicants must have a motivation to learn, an interest in the subject and the ability to acquire the knowledge, skills and competencies set out in the course.

Previous Experience: Applicants must be able to demonstrate a moderate range of knowledge, skills and competencies relevant to the course, be able to work with responsibility and demonstrate the ability to work on their own initiative.

COURSE CONTENT

- Work Experience (5N1356)
- Communications (5N0690)
- Exercise & Fitness (5N2668)
- Nutrition (5N2006)
- Sport & Recreation Studies (5N2667)
- Sports Anatomy & Physiology (5N4648)
- Leisure Facility Administration (5N4666)
- Leisure Facility Operations (5N4667)

QQI LEARNING OUTCOMES: The learning outcomes associated with this award are outlined in the associated Component Specifications.

LOCATION Nenagh College, Dromin Road, Nenagh, Co. Tipperary.

COURSE DATES 7th September 2020 to 7th May 2021, 09:10 – 13:20 Monday - Friday

CONTACT Lucinda Dillon 067 31525 ldillon@tipperaryetb.ie

APPLY ONLINE <https://cms.enrol.ie/nenaghcollege2020/>