

## 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** 13th September 2021 to 6th May 2022, 09:10 – 13:20 Monday - Friday

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**APPLY ONLINE** <https://www.fetchcourses.ie/course/finder?sfcw-courseid=321485>