

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 universities**

FURTHER INFORMATION

This full time QQI Level 5 Major Award in Sports, Recreation and Exercise (5M5146) is a broad Sports and Leisure course that will enable students to demonstrate and apply a range of skills and knowledge in a variety of Sports and Recreation contexts. Students will acquire the knowledge and practical skills required to assist in the running of a Sports and Leisure Facility.

The variety of modules covered during the duration of this programme will allow the learner to work independently and under supervision in a range of facility types. Students will be provided with a basic understanding of Recreation theory and health concepts in a variety of subject areas.

We will provide students with an understanding of the Leisure industry and other general areas which will be beneficial to their future careers. Students will be required to complete 8 component certificates in order to achieve this QQI Level 5 Major Award in Sports Recreation and Exercise.

Students will be equipped with the confidence to go into the workplace or they may progress to further or higher education in a related field.

* This course prepares you for the world of work and immediate employment.

* Your QQI course results may also 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 11th September 2023 to 3rd May 2024, 09:10 – 13:20 Monday - Friday

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APPLY ONLINE <https://www.fetchcourses.ie/course/finder?sfcw-courseId=371104>