

School of Fitness & Sports
Summary of Course Costs & Course Descriptions 2022/23

Course Cost:	Description / payment schedule:		Totals
Course Registration Fee	College Registration Fee	€300	
			€300
Exam Fee	QQI Exam Fee is included in Course Charge Examination Body Fee TBC		
Uniform	Tracksuit Massage Oil – purchase in College	€108 €10	€118.
Books & Materials	As per booklist	€44	€44
First Aid Fee	TBC	€160	
Water Safety Fee		€60	€220
TOTAL:			€682

Course Description

This one-year course will prepare students for work in the Sports, Therapy & Leisure including Health Spas, Massage Therapy Clinics & Gyms. The course leads to internationally recognised qualifications and students supplement their studies with work experience in a relevant area.

Awarding Body

QQI - Sport & Recreation Award, Level 5 5M5146
ITEC - Holistic Massage Diploma
ITEC - Certificate in Fitness Instructing (Gym-based Exercise)
PHECC Occupational First Aid
Irish Water Safety

Minimum Entry Requirements

Leaving Certificate/Leaving Certificate Applied or equivalent standards of education ability in Home Economics (Social & Scientific) will be accepted as a Science subject. All applicants should have a keen interest in sport & fitness therapy. Exemptions may be granted to mature students. All entry is subject to interview.

Subjects

Holistic Massage	Sports & Exercise Injury Prevention
Exercise & Fitness/Gym Instruction	Diet & Nutrition
Swimming & Water Safety (Level 1)	Professional Conduct & Business Awareness
Sports & Recreation Studies	Sports Anatomy & Physiology
Shallow Water Pool Lifeguarding	Communications