

Gaelic Games and Gym

Instruction

FETAC Level 5 & ITEC Awards



COURSE CODE: EG

Certification:

- Hurling & Gaelic Football certificate level One (GAA)
- FETAC Level 5 Award in Sport & Recreation (5M5146) awarded by QQI
- ITEC Diploma level 5 equivalence on the NFQ in Gym Instruction

Head of Department:

Charlie Batt

Course Co-ordinator:

Charlie Batt

Duration:

One Year

The course is designed to prepare both male and female learners for life as a learner athlete. Existing Gaelic, Hurling and Camogie skills will be improved and applicants will also be introduced to a broad range of general coaching skills. This course will provide an initial look into the world of Sports Coaching, Sports management and Sports Education. Learners will be prepared for work in Sports Complexes, Leisure Centres, Health Clubs and Sports coaching through an integrated syllabus involving the theoretical knowledge of physical fitness and exercise, practical participation, administration and management techniques and various coaching skills. Learners will also be placed in a working environment as well as trips to different facilities within the Leisure Industry.

Programme of Study

FETAC

- Sport and Recreation Studies
- Exercise and Fitness
- Nutrition
- Leisure Facilities Administration
- Communications
- Work Experience

- Coaching - Gaelic Football, Hurling
- Safety and Health at Work

ITEC

- Gym Instruction (international)
- Professional conduct & Business Awareness for Fitness
- Anatomy & Physiology for Fitness

Modules subject to change

Entry Requirements

- Leaving Certificate or equivalent to include ordinary English
- Leaving Cert. Applied with a distinction profile
- Full FETAC Level 4 with biology
- Mature Applicants – experience will be considered in lieu of formal qualifications

Places are offered following successful interview. Applicants should also have a record of achievement in Gaelic Games. Applicants will be requested to complete a personal statement for submission at interview. Applicants must have a Gaelic games background. Garda vetting is necessary prior to work experience placement.

Career Opportunities

- Gaelic Games Coach
- Gym Instructor

Higher Education Progression*

- **Carlow IT:**
Bachelor of Arts in sport & exercise (CW817);
Physiology and health science (CW106);
Sports rehabilitation and athletic therapy (CW188);
Sports science (CW178);
Strength and conditioning (CW198)
- **IT Blanchardstown:**
Sports management and coaching (BN111)
- **Letterkenny:**
Sports coaching and performance (LY228)
- **UCC:**
Sports studies and physical education (CK116)
- **Waterford IT:**
BSC in sports coaching (WD186);
BSC in exercise and fitness (WD125)

*Places are not guaranteed in these Institutes and are subject to students meeting certain criteria. Please consult the individual college websites for more information for FETAC applicants. Information available also at www.cao.ie