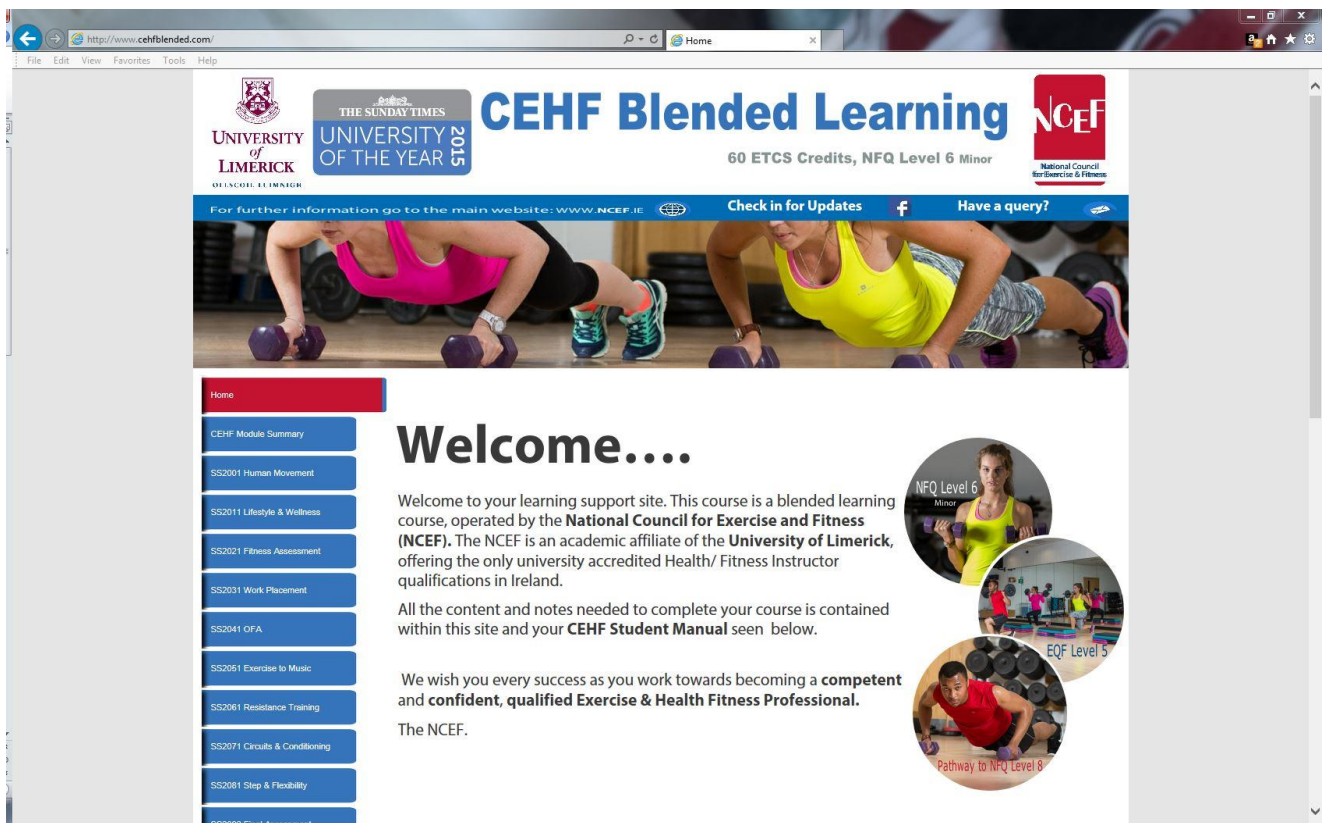


Certificate in Exercise & Health Fitness (CEHF) Blended Learning Course

The CEHF is a part-time **Blended Learning** course and takes place at the University of Limerick campus. It provisionally commences mid-October each year and finishes early April. The duration of this course is October-April and the contact evenings are Mondays and Wednesdays (7-9pm). There are also 3 additional days for the completion of the First Aid Responder Course (FAR). You will also have a contact day for your final written and practical examinations.

Blended learning consists of a mix of traditional learning in a classroom/exercise studio with your tutors and electronic learning (e-Learning) from a website in the comfort of your own home. In addition to face to face contact sessions blended learning consists of video presentations, animations and other interactive learning activities. You also have an opportunity to check your progress through the modules with electronic quizzes and self-assessments. Your tutors will be there to support you both in the classroom and on email throughout the entire course.



For further information go to the main website: [WWW.NCEF.IE](http://www.ncef.ie) Check in for Updates Have a query?

Welcome....

Welcome to your learning support site. This course is a blended learning course, operated by the **National Council for Exercise and Fitness (NCEF)**. The NCEF is an academic affiliate of the **University of Limerick**, offering the only university accredited Health/ Fitness Instructor qualifications in Ireland.

All the content and notes needed to complete your course is contained within this site and your **CEHF Student Manual** seen below.

We wish you every success as you work towards becoming a **competent and confident, qualified Exercise & Health Fitness Professional**.

The NCEF.

- CEHF Module Summary
- SS2001 Human Movement
- SS2011 Lifestyle & Wellness
- SS2021 Fitness Assessment
- SS2031 Work Placement
- SS2041 OFA
- SS2051 Exercise to Music
- SS2061 Resistance Training
- SS2071 Circuits & Conditioning
- SS2081 Step & Flexibility
- SS2092 Final Assessment

NFQ Level 6 Minor

EQF Level 5

Pathway to NFQ Level 6

The key benefits of Blended Learning are that it reduces the number of on-site classroom based hours that students need to attend which in turn reduces the amount of travelling, the inconvenience of getting days off work, etc. which can all lead to extra costs. A large section of your learning can now be completed at home in the evenings or during lunch break in work or even on the bus on your smartphone or tablet! Blended learning gives you the reassurance of meeting your tutors regularly in the classroom while being able to take control of your own learning at home with the reassurance of tutor support and guidance.

To maximise your potential and course materials, it will be required that you have access to a laptop/PC with internet at times outside of course contact hours. There is a substantial amount of material available to you on the Student Learning support website and your Tutors will be encouraging you and at times directing your home based learning on this site.