

# Bachelor of Science in Exercise & Health Fitness (B.Sc.)

Higher Certificate in Exercise & Health Fitness

HCEHF



National Council  
for Exercise & Fitness



UNIVERSITY of LIMERICK  
Ollscoil Luimnigh



NCEF Head Office,  
PESS Building,  
University of Limerick,  
Castletroy, Limerick  
T: 061-202829  
F: 061-335911  
E: ncef@ul.ie  
www.ncefinfo.com

The HCEHF is a stand alone qualification and is awarded by the University of Limerick. It is placed as a Level 6 Major Award on the National Qualifications Framework (NFQ) and Level 5 on the European Qualifications Framework (EQF). The HCEHF leads to a B.Sc. in Exercise & Health Fitness, which is placed at Level 8 on the National Qualifications Framework (NFQ) and Level 6 on the European Qualifications Framework (EQF).

**Recognition:** 60 European Credit Transfer System (ECTS) Credits towards the Diploma/B.Sc. Exercise & Health Fitness through a flexible learning pathway.

The HCEHF is placed at Level 6 Major on the National Qualifications Framework (NFQ) and Level 5 on the European Qualifications Framework (EQF).

## Aim:

**Year 1:** Students who successfully complete year one are educated and trained to provide instruction in exercise to music, step aerobics, circuit and resistance training. Equally important is their ability to assess fitness levels and to plan safe, effective and enjoyable exercise programmes for individuals or groups of all abilities.

**Year 2:** Provides students with the opportunities for specialisation within the exercise and fitness industry in areas such as Personal Training, Strength & Conditioning for Sports Teams, Pilates & Corrective Exercise or Active Aging for the Older Adult.

## Programme Delivery:

**HCEHF Year 1:** The programme can be undertaken by day at the University of Limerick. (Alternatively students can register for the Certificate in Exercise and Fitness (CEHF) part time programme at other locations and transfer to Year Two of the HCEHF following successful completion of the CEHF or equivalent.)

Students will have the option to exit after Year One with the CEHF or continue onto Year Two of the HCEHF.

**HCEHF Year 2:** Students will be required to select their specialist courses for Year Two in June of Year One. Specialist courses are delivered via eLearning, blended learning and/or with face to face contact. Specialist Courses are offered in certain locations only, such as Limerick or Dublin. (Venues subject to change each academic year)

## Entry Requirements Year 1:

- Applicants should hold the Irish Leaving Certificate with minimum Grade D3 in five Ordinary Level subjects (including Maths, Irish or another language, and English) OR an approved equivalent qualification. Other standards within Leaving Certificate or other levels of education will be considered under the NCEF/ UL Recognised Prior Learning (RPL) Scheme\*.
- All qualification documentation must be submitted in the English language.
- Non EU Nationals must submit a Study Visa, copies of passport documentation and proof of employment for the last 5 years (Please note originals may be requested)
- Applicants should have a commitment to encouraging others to take part in healthy activity, a desire to become a safe and competent instructor and have a confident, enthusiastic and adaptable personality. Experience of participation in a fitness activity or a particular sport is important whilst good rhythm and co-ordination is also desirable. Applicants should have good communication skills and enjoy working with people. Selection for the programme will be based on the Application Form. NCEF reserve the right to interview if required.

## Entry Requirements Year 2:

- Successful completion of Year One (all modules 1-10 must be successfully completed)  
Or  
Certificate in Exercise and Health Fitness or an approved equivalent qualification. Application for equivalency is processed through the NCEF/UL Recognition of Prior Learning\*

**\*Note:** All RPL applicants will be required to complete a detailed Portfolio of Learning. This document is available from NCEF Head Office. Please note an RPL fee applies and on successful acceptance the fee is deducted from the overall programme fee.

# Year 1 Programme

## 1. Introduction to Human Movement Studies (Kinesiology)

- Basic structure and function of the skeletal systeme.g. bones, joints and muscle groups
- The physiology of human performance including energy metabolism and the physiological response to exercise
- The mechanics of human locomotion

## 2. Lifestyle, Fitness & Wellness

- An overview of the reasons for choosing a healthy and active lifestyle
- Initial involvement in and continued adherence to physical activity including personal and social factors
- Special populations, pregnancy, obesity, back pain and older groups
- Stress and stress management
- Basic nutrition, the importance of balanced eating habits, the relationship between energy input, expenditure and body composition

## 3. Health Related Physical Fitness Assessment and Programme Design

- Use of modern techniques, basic and advanced, to assess the health related fitness components
- Interpretation of results
- Development of a framework for planning, implementing and evaluating safe exercise programmes

## 4. Exercise & Health Fitness Management & Work Placement

- Planning, record keeping and promotion of the exercise/physical activity programme for efficient and effective administration
- Commercial trends within the industry. A safe facility and insurance needs

## 5. Occupational First Aid (OFA) for Exercise & Physical Activity

- OFA as approved by HSA (Health & Safety Authority)
- Physical activity/exercise injuries

## 6. Applied Exercise & Fitness Instruction 1 (Exercise to Music)

- Practical sessions covering such areas as choreography types and tempo of music, variety high and low intensity and impact
- Use of instructional skills within the exercise to music class
- Sequencing of material for safe and effective teaching instructional skills, adaptations and progressions for all exercises

## 7. Applied Exercise & Fitness Instruction 2 (Resistance Training)

- Practical sessions covering such areas as free weights, use of machines
- Instructional skills, adaptations and progressions for all exercises
- Sequencing of material for safe and effective teaching adapted physical activity (APA).

## 8. Applied Exercise & Fitness Instruction 3 (Circuit Training and Body Conditioning)

- Practical sessions covering areas such as circuit design and layout
- Circuits to enhance various components of fitness
- Design and structure of body conditioning routines to music using body resistance exercises, stability balls, elastic tubing and hand weights
- Instructional skills, adaptations and progressions for all exercises

## 9. Applied Exercise & Fitness Instruction 4 (Step Training & Flexibility)

- Practical sessions to develop instructional skills in planning and teaching a safe and effective step class. (Covering music speed, injury prevention etc.)
- Stretching exercises and programming to improve flexibility
- Instructional skills, adaptations and progressions for all exercises and evaluating safe exercise programmes

## 10. Exercise & Health Fitness Management

- Summative Practical Assessment
- Summative Synoptic Assessment

## Continuous Assessment

All modules are examined on a continuous basis and may include both theoretical and practical elements of assessment. Candidates must successfully complete Modules 1-9 in order to take Module 10. The programme includes a research project and a work experience element. Student must successfully complete all modules to continue to year two.

# Year 2 Programme

Students must earn 60 ECTS credits within one academic year. For example, Autumn registered students start in September and are required to earn 60 ECTS credits within the Autumn and Spring Semester of that academic year.

## Year 2 Specialist Courses

- Personal Training (30 ECTS credits)
- Strength & Conditioning for Sport (30 ECTS credits)
- Pilates & Corrective Exercise (30 ECTS credits)
- Fit for Life Lifestyle Management (15 ECTS credits)
- Facility Operations (15 ECTS credits)
- Active Aging for the Older Adult (15 ECTS credits)
- Health Related Activity for Children (15 ECTS credits)
- Studio Cycling (15 ECTS Credits)

Please visit [www.nceinfo.com](http://www.nceinfo.com) for a full overview of the specialist course content, contact, assessments, mode of delivery and locations.

Specific courses only will be available each semester and/or academic year. Some specialist courses are available by e-Learning, blended learning or through contact sessions.

## Programme Tutors

All Tutors hold qualifications in the area of Exercise & Health Fitness or related area. Many of these tutors are teaching and/or conducting research in the areas of Education, Physical Education, Sport & Exercise Science and Recreation Management.