

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

Year 3: Diploma in Exercise & Health Fitness (DEHF)

Practitioner Education - Strand 2

PTE



National Council
for Exercise & Fitness



UNIVERSITY of LIMERICK
OILESCOIL LUIMNIGH



The NCEF Practitioner Education stage of the DEHF offers individuals the opportunity to research, study and practice at an advanced level in the area of Exercise & Health Fitness. Participants who are successful at this stage will be awarded the Diploma in Exercise & Health Fitness from the University of Limerick and are eligible to apply for entry onto the Stage 4 B.Sc. in Exercise & Health Fitness.

RECOGNITION: 60 European Credit Transfer System (ECTS) credits towards the Higher Certificate/ Diploma/ B.Sc. in Exercise & Health Fitness through a flexible learning pathway.

The DEHF is awarded by the University of Limerick and is placed at Level 7 on the National Qualifications Framework (NQF) and Level 6 on the European Qualifications Framework (EQF).

Aim:

To prepare Exercise & Health Fitness Professionals to work in supervisory/business /management roles in the industry coupled with advanced competencies in a broad range of areas.

Course Details:

The Practitioner Education - Strand 2 of the DEHF is offered every alternate academic year. The course is offered mainly at the University of Limerick campus and runs from September to April inclusive.

Entry Requirements:

- Higher Certificate in Exercise & Health Fitness (HCEHF) or equivalent.
- OFA Occupational First Aid (OFA) is an NCEF & industry requirement. All candidates on the above programme must provide a current OFA Certificate prior to completion.
- **Experience:** Minimum two years practical experience working in the Health/Leisure/Fitness industry or in an area relevant to the role of an NCEF Practitioner (e.g. Advanced Instructor, Gym Supervisor/ Manager).
- **Knowledge:** Broad knowledge base a Certificate in Exercise & Health Fitness modules and HCEHF Specialist Courses
- **Attitudes and personal qualities:** Excellent communication and interpersonal skills and mature disposition.
- **Other desirable criteria:** Practical experience of working in any of the HCEHF specialist courses.
- **Successful Interview:** Interviews can be completed via face to face, telephone or skype

NCEF/UL Recognition of Prior Learning (RPL) Scheme: Previously qualified and expired NCEF Level 1 and applicants with equivalent qualifications are eligible to apply for entry on to this programme through the NCEF/UL RPL Scheme. Applicants will be assessed on an individual basis and in accordance with NCEF/UL RPL criteria. RPL applicants are required to complete a pro-forma Portfolio of Learning (POL). This form is available from NCEF Head Office or online at www.ncefinfo.com

*Please note an RPL fee applies to all applicants required to submit a POL Form. On successful acceptance the fee is deducted from the overall programme fee.

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Course Content

1. Research Skills & Programme Development in Exercise & Health Fitness

- Principles of good research
- Critically assessing research
- Basic statistics
- Presenting research
- Writing clear and specific aims, objectives and learning outcomes
- Organising course content into well sequenced and rational structure
- Designing programmes of study

2. Applied Multimedia in Exercise & Health Fitness Tuition

- Current research in the use of multimedia in teaching and learning
- The relationship between the principles of adult learning, learning theories and multimedia technology
- Use of the digital media as a teaching and learning tool
- Evaluating multimedia resources
- MS powerpoint
- Developing multimedia teaching and learning tools
- Digital image location and manipulation for teaching and learning
- Use of video and video editing for teaching and learning

3. Elective Courses

Participants must accumulate an additional 30 ECTS Credits from the HCEHF specialist courses not previously completed.

- Personal Training (ECTS = 30)
- Strength & Conditioning for Sport (ECTS = 30)
- Pilates & Corrective Exercise in Health Fitness (ECTS = 30)
- Health Related Activity for Children (ECTS = 15)
- Fit for Life: Lifestyle Management (ECTS = 15)
- Aqua Exercise & Health Fitness (ECTS = 15)
- Active Aging for the Older Adult (ECTS = 15)
- Inclusive Exercise & Health Fitness (ECTS = 15)
- Health Related Activity for Children (ECTS = 15)
- Studio Cycling (Spinning) (ECTS = 15)

4. Final Project Submission

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.

