

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

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

Tutor Education - Strand 1

(TE)



National Council
for Exercise & Fitness



UNIVERSITY of LIMERICK
OILESCOIL LUIMNIGH



The NCEF Tutor Education strand 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 Year 4 of the B.Sc. in Exercise & Health Fitness.

RECOGNITION: 60 European Credit Transfer System (ECTS) credits towards the DEHF/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 provide experienced Exercise & Health Fitness Professionals with the skills, knowledge and competencies to carry out the functions of a tutor at at Year 1 Certificate in Exercise & Health Fitness (CEHF) and Year 2 Higher Certificate in Exercise & Health Fitness (HCEHF) of the DEHF.

Course Details:

The Tutor Education Strand 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.
- **Experience:** Minimum two years practical experience working in the Health/Leisure/Fitness industry or in an area relevant to the role of an NCEF Tutor (e.g. teaching at further or higher education in a relevant field).
- **Knowledge:** Broad knowledge base in Certificate in Exercise & Health Fitness modules and Year 2 HCEHF specialist courses.
- 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.
- **Attitudes and personal qualities:** Excellent communication and interpersonal skills and mature disposition.
- **Other desirable criteria:** Teaching experience in any discipline. 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

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Course Content

1. Adult Learning and Teaching Methodology in the tuition of Exercise & Health Fitness Instructors

- Principles of adult learning and teaching adults
- Application of teaching principles and micro-teaching
- Presentation methods
- Questioning skills
- Communication skills
- Assessing learner needs
- Planning, implementing and evaluating programmes and learning episodes
- Developing teaching aids
- Self and programme evaluation

2. Research Skills and 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

3. Best Practice in the tuition of Exercise & Health Fitness Instructors

- Reviewing the CEHF syllabus
- Identifying specialist areas
- Best methods of presenting specific modules
- Teaching the syllabus and applying best practice
- Factors affecting teaching approach
- Assessment materials

4. Exercise & Health Fitness Tutor Education: Evaluation & Assessment

- Practical assessments
- Marking criteria
- UL grading and award system
- Writing examination questions
- Script correction procedures
- Accurate record keeping
- Course coordination and leadership skills

5. 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

6. Teaching Applications and Work Placement

- Observation of tutoring sessions
- Preparation and planning
- Part and whole tutoring
- Observation of practical assessments
- Self evaluation and reflection

7. 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.

