

Personal Trainer with Sports Massage

COURSE CONTENT YEAR 1

Exercise & Fitness Health	ITEC
Gym Instructor	ITEC
Hygiene, Health & Safety	ITEC
Personal Client Care	ITEC
Personal Trainer	ITEC
Sports Massage	ITEC
Exercise to Music	ITEC
Step Aerobics	ITEC
Sports Nutrition	ITEC
Anatomy & Physiology	ITEC

Optional Extra courses in Suspension Training, Studio Cycling, Kettle Bells, Strapping and Taping (CCOC certification)

INTRODUCTION

This ITEC one year course is designed to prepare students for a career in the Leisure Industry in Sports Massage and Health and Fitness. This is a world wide recognised qualification. Students participate in

- Professional guest lectures
- *Pitstop* Leadership Programme from Common Purpose for selected students.
- Practical work carried out in gym environment

ENTRY REQUIREMENTS

Leaving Certificate, LCA or QQI Level 4. Mature students are exempt from Leaving Certificate requirement. All applicants are interviewed. Students need to be satisfied that they are physically able to complete the coursework.

CERTIFICATION

Level 2 Certificate in Fitness Instruction (Gym Based Exercise), Level 3 Certificate in Personal Training, Level 3 Award in Nutrition for Physical Activity, Level 2 Certificate in Instructing Exercise to Music

WORK PLACEMENT/EXPERIENCE

Students undertake a block work placement of 2 weeks in a health/fitness environment.

EDUCATION PROGRESSION OPPORTUNITIES

CCOC Year 2 Holistic and Physical Therapies

CAREER OPPORTUNITIES

Fitness Centres, Gyms, Hotels and Leisure Clubs, Sports clubs, spas, sports massage clinics, self employed professional. All students can access the Jobs Advice Hub (see pg. 85). Graduates can subscribe to 'CCOC college jobs register' and CCOC LinkedIn alumni for up to date vacancies and networking.

COURSE SPECIFIC CONTACT DETAILS

For further information email:
holistics@ccoc.ie
(021) 4223844

Course fees outlined on
www.corkcollegeofcommerce.ie