

# 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 (optional)	ITEC
Exercise to Music	ITEC
Anatomy & Physiology	ITEC
Infection Prevention (COVID-19) for Sport and Fitness Sessions	ITEC
<i>Optional Extra courses in Suspension Training, Studio Cycling, Kettle Bells, Strapping and Taping (CCOC certification), Step Aerobics</i>	
<b>Additional Training/Workshops</b>	
Manual Handling Training and Certification	
First Aid	

## INTRODUCTION

If exercise and fitness is your love and you want to learn how to motivate others to reach their fitness potential then this is the course for you. Plenty of action and practical activity, skills based learning and the theory to back it up. Learn the technical know how, improve your own fitness and learn to instruct others in a safe way. Practical work is carried out in a gym environment.

## ENTRY REQUIREMENTS

Leaving Certificate, LCA or QQI Level 4. Mature students are exempt from Leaving Certificate requirement. All applicants are interviewed. An offer of a place on this course is contingent on the applicant meeting the entry requirements set out here and satisfactory presentation at interview. Prospective students need to be satisfied that they are physically able to complete the practical coursework

## CERTIFICATION

ITEC Level 2 Certificate in Fitness Instruction (Gym Based Exercise), ITEC Level 3 Diploma in Personal Training, ITEC Level 2 Certificate in Fitness Instruction (Exercise to Music), ITEC Level 3 Diploma in Sports Massage (optional), Manual Handling Training and Certification.

QQI Component Maths 5N1833 (available as option in the evening for learners requiring Maths for progression)

ITEC Level 2 Award in Infection Prevention (COVID-19) for Complementary Therapies and Sports Massage (optional)

ITEC Level 2 Award in Infection Prevention (COVID-19) for Sport and Fitness Sessions

## WORK PLACEMENT/EXPERIENCE

Students are encouraged to complete 40 hours of work experience/shadowing in gym/personal trainer environment as part of this course, which they will organise themselves.

## EDUCATION PROGRESSION OPPORTUNITIES

**CCOC:** Advanced Holistic and Physical Therapies

**CIT/MTU:** Recreation & Leisure Management(CRO32)

## CAREER OPPORTUNITIES

Fitness Centres, Gyms, Hotels and Leisure Clubs, Sports clubs, Health spas, Physical Therapy Clinics, Sports Massage Clinics, Self Employed Professional.

## CONTACT DETAILS

For further information email:  
**personaltrainer@ccoc.ie**  
**(021) 4223832**

Course fees outlined on  
**www.corkcollegeofcommerce.ie**