

BACHELOR OF SCIENCE IN INCLUSIVE SPORT AND PHYSICAL ACTIVITY

LEVEL 7

BACHELOR OF SCIENCE (HONOURS) IN INCLUSIVE SPORT AND PHYSICAL ACTIVITY

LEVEL 8

SCHOOL OF HEALTH AND SOCIAL SCIENCES

NEW FOR
ENTRY
SEPTEMBER
2020

CAO Code:	TL774
Duration:	3 Years
Apply to:	IT Tralee
No. of places:	Approx. 9
NFQ Level:	7

CAO Code:	TL874
Duration:	4 Years
Apply to:	IT Tralee
No. of places:	Approx. 9
NFQ Level:	8



The BSc and BSc (Hons) in Inclusive Sport and Physical Activity offers prospective students the opportunity to study health, adapted physical activity (APA), adapted physical education (APE) and sport in a degree programme which focuses particularly on the provision of opportunities for people with disabilities, as well as for the population in general. These degree programmes provide students with a specialist skill set which includes, comprehensive knowledge, skills and competencies to operate as APA practitioners, aquatic and outdoor instructors, personal trainers, development officers, and policy-makers in the disability sector. In recent years, government sport and health policy has focused on increasing choice and opportunities for adults and children with disabilities to lead an active and healthy lifestyle. This course aims to develop the professional skills to achieve this change.

INCLUSIVE SPORT AND PHYSICAL ACTIVITY

IT Tralee is recognised internationally as one of the leading centres in the world for inclusion education and APA. This programme aims to develop the learner so that on completion of the BSc (Honours) degree, the graduate will be able to:

- Apply a specialist knowledge of health studies, exercise science, activity leadership, physical education, youth development studies, sports development, sports psychology, coaching, leisure marketing, disability studies and relevant work experience, in the health, fitness, recreation, education sectors

- Practice in context, knowledge and skills in either education in aquatics or outdoor and experiential learning or massage therapies
- Articulate an in-depth understanding of the theory, concepts and methods pertaining to safe and effective practice in health-related fitness and in inclusive and adapted physical activity
- Critically analyse and evaluate relevant knowledge in health-related fitness and in inclusive and adapted physical activity settings and interventions
- Facilitate the achievement of optimal physical functioning and capacity of individuals using a biopsychosocial model
- Provide and manage interventions that incorporate knowledge from the diverse areas within the course
- Demonstrate relevant knowledge to adopt systematic approaches to health-related fitness and in inclusive and adapted physical activity based on best available evidence.

DELIVERY

These are full-time, 3-year BSc or 4-year BSc (Honours) courses. It is possible to take one or more years of these courses on a part-time ACCS basis over a longer period of time.



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MINIMUM ENTRY
REQUIREMENTS

www.ittralee.ie/en/entry

COURSE OUTLINE

YEAR 1

Anatomy and Physiology
Personal Health and Wellbeing
Physical Education and Coaching Studies
Building Your Science Degree
Activity Leadership 1
Inclusive Community Engaged Learning
Activity Leadership 2

And one elective:

Activity Leadership Outdoors
Education in Aquatics
Massage Theory / Remedial,
Therapeutic Massage

YEAR 3

Kinesiology and Exercise Programming
DanceAbility
Personal Training
Research Methods
Inclusive Physical Education
Adapted Aquatics
Youth Development Studies
Activity Leadership 4
Work Placement Practice
Work Placement Portfolio

YEAR 2

Exercise Physiology
Health Studies
Sports Development
Activity Leadership 3
Posture Cultivation
Introduction to Nutrition
Health Studies: Population Health
APA: Disability Studies

Continue with elective chosen in year 1

YEAR 4

Adult Learning and Reflective Practice
Community Development Studies
APA International Practice and Programmes
Research Project 1
Adapted Adventure
Aquatic Exercise Therapy Introduction
Exercise Referral
Elite Disability Sport
Applied Therapeutic Relationship
APA Professional Practice and
Behaviour Management
Aquatic Rehabilitation
Research Project 2

LEARNERS WHO WISH TO PAUSE THEIR STUDIES MAY APPLY FOR ONE OF THE FOLLOWING EXIT AWARDS:

- Higher Certificate in Inclusive Physical Activity (2-years, 120 credits)
- BSc in Inclusive Sport and Physical Activity

Please note: for 2020 entry to this course applications should be made directly to the Institute of Technology Tralee.

Application forms are available at www.ittralee.ie

Completed applications should be returned to:

Admissions Office, Institute of Technology Tralee, North Campus, Tralee, Co Kerry, V92 HD4V on or before **14th August, 2020**.

If you have any queries in relation to completion of your application, please contact admissions@ittralee.ie

CONTACT DETAILS FOR FURTHER INFORMATION:

Dr Michael Hall
Head of Department of Health and Leisure Studies
T: 066 7144168
E: Michael.Hall@staff.ittralee.ie
www.ittralee.ie



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