



# SETANTA

COLLEGE

BSc in

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## Strength & Conditioning Pathway

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Online Learning with a  
World-Renowned Provider

[setantacollege.com](http://setantacollege.com)

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**BSc in  
Strength &  
Conditioning  
Pathway**



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# Why Setanta?

Become a Leader in the Performance Industry

## Become a Sought-After Professional with a Setanta Qualification

Setanta College is an internationally renowned provider of higher education in human performance and sports science. Led by an advisory board and lecturing faculty highly experienced in elite-level sport, Setanta operates campus locations in Ireland, the UK, USA, Italy, South Africa and India.

We are committed to providing our students with a progressive learning experience that leads to greater specialised knowledge, understanding and practical competence in strength and conditioning, sport, exercise and performance science.

With flexible learning options available, we provide the opportunity for anyone to further their education to suit their own schedule - including existing coaches, career changers, athletes and more.

Setanta graduates include both coaches and athletes operating at elite-sporting levels across Rugby, Athletics, GAA, Soccer and Baseball.

# Our Educational Pathway

## Overview

Our programmes are designed in a pathway or ladder format with the 'first step' being our Certificate in Fitness & Conditioning. It is our belief whether you coach individuals or teams, have the ambition to be a professionally recognised coach, or just have an interest in the subject, it is imperative to have the skills to assess, screen and monitor in order to develop and safely implement training programmes.

The pathway contains 18 modules and four exit points that allow students to progress their studies to their chosen level. Completion of all 18 modules is equal to a full **Bachelor of Science in Strength & Conditioning**.

Each subsequent module builds on the previous one with our students choosing how far and how fast they wish to travel along our educational pathway. Students can gain internationally recognised qualifications from Certificate to Degree or even Masters Level.

## Practical Focus

A standout feature of studying with Setanta is the opportunity for each student to gain qualifications as they complete each different stage of the programme. This allows students to begin building their career in the industry while continuing their education. Our internationally-renowned programmes have a primary focus on the practical application of your studies. Our vast and significant partner network provides students with the opportunity to gain practical experience in the field.

## Graduates

Setanta graduates work throughout the world with top professionals and athletes. Others support their local schools, clubs, special populations and communities by applying their knowledge to help improve coaching practices and general health and wellbeing.

Increasingly, there is a demand for suitably qualified strength and conditioning professionals in the general health and wellness industry and number of our graduates have gone on to work in, or own and operate, their own facilities.

# A Flexible Programme

## Stage 1: Certificate in Fitness & Conditioning

The Certificate in Fitness and Conditioning is a QQI Level 6 (30 credit) qualification. We consider this the entry point to becoming a qualified Strength and Conditioning coach. Consisting of three key modules, the qualification will prepare the coach for work with individual athletes, players, and team sports. This programme is designed to produce coaches capable of assisting in the administration, devising, and supervision of screening and resistance training programmes across a range of disciplines and sports.

## Stage 2: Certificate in Strength & Conditioning

This is regarded as the industry standard for specialist Strength and Conditioning coaches. The Certificate in Strength and Conditioning is a QQI Level 6 (60 credit) qualification. The programme is designed to produce coaching professionals capable of working as part of a team or support staff in a Strength and Conditioning or health and fitness-related environment.

## Stage 3: Higher Certificate in Strength & Conditioning

The Higher Certificate in Strength & Conditioning is a further step along the undergraduate pathway. It consists of 12 modules and provides 120 credits to the graduate. The programme is designed to produce coaching professionals capable of working in S&C and health and fitness related fields.

## Stage 4: BSc in Strength & Conditioning

The BSc degree course is comprised of 18 modules delivered over 4.5 years. The Bachelor of Science in Strength and Conditioning has now become an industry-leading sports coaching qualification. It is NFQ Level 7 and awards students 180 credits. It will equip the learner with the knowledge and skills to lead long-term sport, health and fitness, physical activity and strength and conditioning programme development.

# Course Overview

## Course Delivery

The course is delivered through blended learning, which includes both online lectures and practical workshops. Students will have access to weekly online lectures and class resources at any time. You will study one module at a time, with each one lasting 12 weeks in total. The theory element is completed entirely online in our virtual learning environment.

Practical workshops are also held throughout the programme. These workshops will provide students with the opportunity to practically apply the elements they have learned through online lectures, led by Setanta experts.

## Your Commitment

The recommended time commitment for our courses is on average about 4 - 5 hours per week. This incorporates viewing the lectures and doing additional reading and study. Lectures are delivered through video format, with some additional articles posted in the weekly schedule. The delivery of our practical workshops is every 5-6 weeks.

## Accreditation

This course is accredited by Quality & Qualifications Ireland, which is internationally recognised through the Lisbon Recognition Convention.



## Our Approach

We ensure that our students are always at the cutting edge of technology, learning the most current methodologies from highly experienced and respected figures in the coaching and sporting world.

Our passion is to help our students achieve their full academic and coaching potential - not through a 'one size fits all' approach, but through bespoke solutions in which we deliver both the technical and interpersonal skills that enable our graduates to shine throughout their careers.

Come join us and see what we can achieve together.

# Certificate in Fitness & Conditioning

## Functional Screening

This module provides students with an understanding of the scientific principles underpinning postural and functional screening and the scientific literature investigating the efficacy of such procedures. It also facilitates practical-based screening such that the learner becomes competent at screening and also prescribes a movement-corrective strategy.



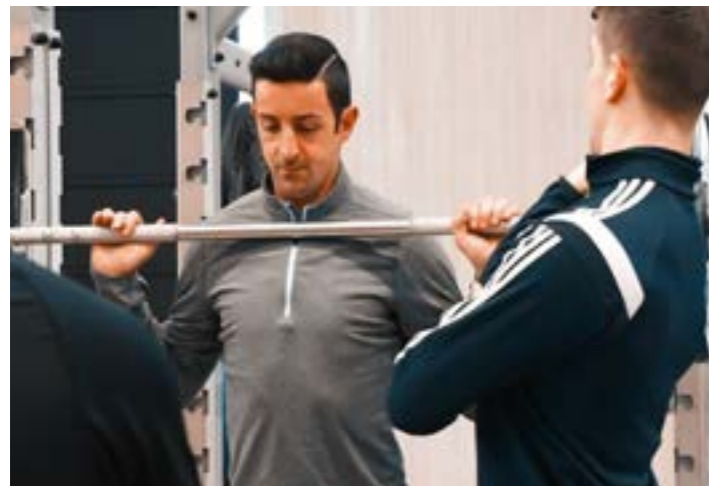
## Further Qualifications

### Certificate in Fitness & Conditioning

Upon completion, students have the option to gain further professional qualifications with Setanta:

- **Certificate in Strength & Conditioning**
- **Higher Certificate in Strength & Conditioning**
- **BSc in Strength & Conditioning**

Upon completion of the BSc in Strength & Conditioning, students can opt to further their studies with our range of MSc programmes. To learn more about each programme, visit [www.setantacollege.com](http://www.setantacollege.com)



## Resistance Training 1

This module covers the history of Resistance (Strength) Training, addressing the different types and functions of Resistance (Strength) Training, focusing on the many forms that seek to build more strength and power.



## Our Mission

*To delivery industry defining education, application and insight to communities at a local and global level.*

## Resistance Training 2

In this module, we will build on the knowledge gained in Resistance Training 1 and delve deeper into methods and planning of Resistance Training for specific performance goals. We take an in-depth look at elements of core training, barbell and dumbbell exercises, and the performance and coaching of Olympic lifting techniques.

# Certificate in Strength & Conditioning

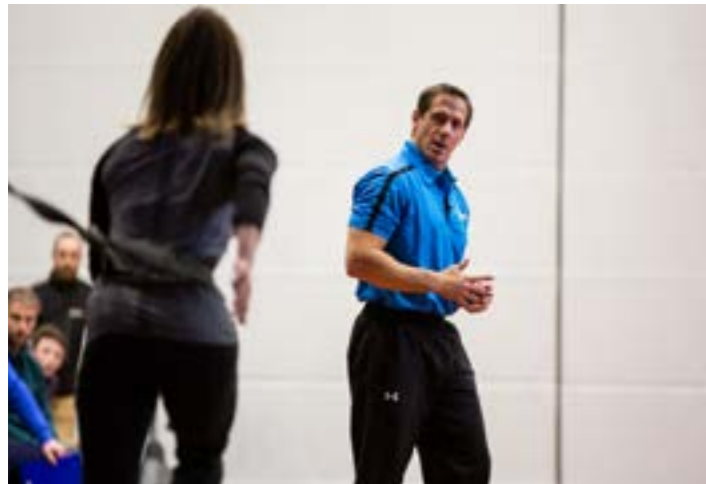
## Advanced Resistance Training

This module will cover a wide variety of topics related to Resistance Training including a number of methods such as power training, kettlebell training, blood flow restriction training, and more. It also examines resistance training for special populations and nutritional information around resistance training performance.



## Speed Development

This module aims to examine the characteristics of the sprint athlete and the various components of speed. We'll review literature and coaching methodology that relates to the development of speed over the various stages of development of the elite-level sport. The module also provides the opportunity to deliver practical coaching of speed-related techniques.



## Endurance Development

This module discusses and describes the theory and principles of endurance development. It also provides the coach with a large repertoire of exercises, drills, and programmes that will enhance the different elements that make up the component of endurance.



## Further Qualifications

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## Online Lectures

*Our interactive online platform allows students and coaches to complete the theory element of our programmes in their own time and at their own pace.*

# Higher Certificate in Strength & Conditioning

## Anatomy, Physiology & Biomechanics

In general, this module covers the various systems of the body and in particular the skeletal system, the cardiovascular system, the nervous system, and the muscular system. It examines how energy is provided; how the muscles and nerves integrate to provide movement in sport.

## Youth Athletic Development

The module examines the origins and principles of long-term athletic planning as well as the stages of development within a range of models/age groups.

## Coaching Technology & Fitness Testing

The aim of this module is to provide the opportunity to the learner to acquire specialist skills in using key technologies currently being used in elite sport. The module explores the ever-changing world of sports technology and assesses the practical application of new technologies in training, coaching, and competition.

## Business of Fitness & Sport

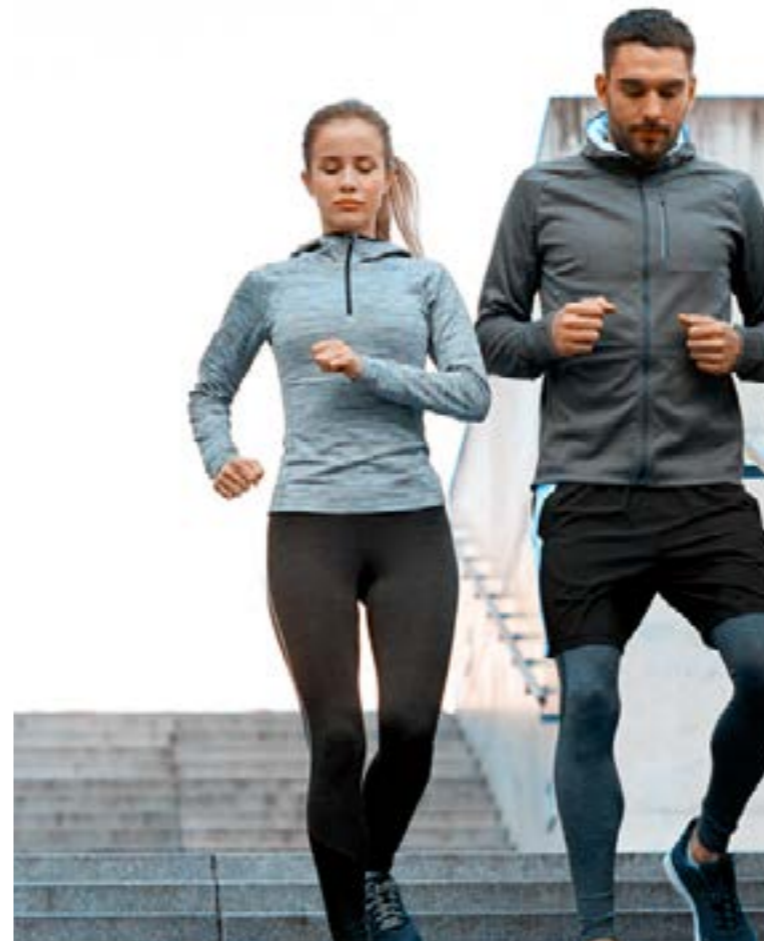
This module will address key concepts related to the business of sport and exercise and in particular on providing case study guidance as to effective practice in market research, employment opportunity creation, marketing and the use of social media in the promotion of a potential business.

## Coaching Skills

This module focuses not only on the theories that underpin skill development but it also provides many practical examples of exercises, drills, and games that can enhance the coach's practice in delivering a comprehensive overall skill development programme.

## Sport & Exercise Nutrition

This module introduces the learner to key areas of sports nutrition. It deals primarily with general principles, but draws on examples from various sports to illustrate the nutritional goals of athletes and players in training and competition and highlights some of the dietary strategies that can be employed to meet those goals.



## Further Qualifications

### Higher Certificate in Strength & Conditioning

Upon completion, students have the option to gain further professional qualifications with Setanta:

- BSc in Strength & Conditioning

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## Practical Workshops

*Led by our expert coaches and lecturers, practical workshops provide the perfect opportunity to apply the learnings from online lectures.*



# BSc in Strength & Conditioning

## Injuries & Rehabilitation

The module aims to provide a description of common injuries within sport. The module also aims to clarify the role of the S&C specialist in injury risk reduction practices as well as their role within the sport support team in relation to injury rehabilitation practices.

## S&C for Special Populations

This module evaluates the effectiveness of physical activity initiatives and programmes that promote exercise and fitness, and teaches the student to formulate progressive programmes of Strength and Conditioning to a variety of special populations.

## Professional Practice Portfolio

The professional practice portfolio will allow the learner to both apply and evaluate their formal strength and conditioning learnings within an experiential learning environment and in so doing will gather, record, analyze and critically reflect on the coaching experience.

## Research Methods & Data Management

This module aims to provide learners with the required understanding of research methodologies, statistical concepts and computational skills for the practical application of this knowledge and skills in relevant strength and conditioning situations.

## Sport & Exercise Psychology

The module aims to assist the learner in evaluating the needs of their athlete/client within the broader programme in planning, delivering, and evaluating a sports psychology programme.

## Health & Wellness

This module aims to upskill the learner through a broad set of knowledge, skills, and competencies with the overall aim of enhancing the personal health and wellness of the individual athlete or client within both the training environment and the wider society, community, and employment setting.



## Graduate Network

*Join a highly sought after alumni network, with over **55,000** Setanta College graduates worldwide.*

## Further Qualifications

### BSc in Strength & Conditioning

Upon completion, students have the option to gain further professional qualifications with Setanta:

- **MSc in Performance Coaching**
- **MSc in Applied Sport & Exercise Psychology**
- **MSc in Sports Rehabilitation & Performance**

To learn more about each programme, visit [www.setantacollege.com](http://www.setantacollege.com)

# Getting Started

## Entry Requirements

- Applicants must be 18 years or older on the 1st of January on the year of admission. Students must meet the minimum entry requirements for this course, which are as follows: Completion of the Leaving Certificate, International Baccalaureate, European Baccalaureate, GCE A-Levels, Maturita, or equivalent.
- If you are over 23 years of age you may apply as a mature student. Mature student applications are assessed on the basis of age, coaching/playing experience, general education standard, motivation, and commitment to the programme for which they are applying.
- In the case of international learners where English is not their first language, they will be required to demonstrate a sufficient level of English Language proficiency. Setanta College accepts the following:
  - IELTS (International English Language Testing System), or equivalent score of TOEFL (Test of English as a Foreign Language) normally IELTS 6 which must be dated within 2 years of enrolment onto programme.
  - CEFR standard (Common European Framework of Reference for Languages) B2+ which must be dated within 2 years of enrolment onto programme.
  - Successful completion of a major award at level 5 or higher mapped to the NFQ completed through English.

## Fees

Course	Pay Per Month	Pay for Module	Pay for 3 Modules	Pay Upfront
Certificate in Fitness & Conditioning	€290	€825	N/A	€2,400
Certificate in Strength & Conditioning	€290	€825	€2,400	€5,220
Higher Cert in Strength & Conditioning	€290	€825	€2400,	€9,396
BSc in Strength & Conditioning	€290	€825	€2,400	€14,094



## How to Apply

### Strength & Conditioning Courses

We are now accepting applications for our range of strength and conditioning courses.

Our course intake periods are in **March, June, September and December** of each year.

To submit your application, follow the steps below.

- Visit [www.setantacollege.com](http://www.setantacollege.com) and choose your preferred programme.
- Complete the short application form.
- Upon meeting the entry requirements to the programme, you will receive an official offer.
- A student officer will be in touch with how you can complete your registration and payment of tuition fees.
- You can then begin your studies with Setanta College!

Contact [info@setantacollege.com](mailto:info@setantacollege.com) with any questions you may have!

# Course Lecturers



Ciarán is an accredited Strength and Conditioning provider with the Irish Institute of Sport. Along with lecturing, Ciaran is an S&C coach with Paralympics Ireland and works individually with athletes including Ellen Keane and James Scully. He is also S&C Coach with the Offaly GAA Senior Hurling Team, recently crowned champions of the Christy Ring Cup.

**Ciaran Keogh**

**Lecturer - Functional Screening & Resistance Training**

Claire is an S&C consultant with Sport Ireland Institute where she coaches Irish Olympians and Paralympians. Claire has represented Ireland in the 100 meters and 60 meters in European and World Championships. She recently completed her Ph.D. in strength & power diagnostics.

**Dr. Claire Brady**

**Lecturer - Functional Screening & Speed Development**



Adam is a Setanta College graduate and is now a lecturer on our strength & conditioning pathway, Adam currently works with Cork GAA inter-county teams as an S&C coach, as a fitness consultant with Apple Inc., and with individual athletes to help them improve their performance.

**Adam McCarthy**

**Lecturer - Advanced Resistance Training**

## Be Guided by the Very Best

At Setanta, our lecturers are experts in their field and qualified to MSc or PhD level. They are also former high-level sports people, qualified, enthusiastic Strength and Conditioning coaches and Performance Scientists. They come from varied sporting backgrounds including team and individual sports.

Indeed, to ensure the highest standards of tuition, Setanta has appointed a world renowned Advisory Board to inform and oversee our Educational Programmes and Research Strategy.

This board, chaired by Pádraig Harrington, and comprised of Professors, Doctors and Practitioners in Performance Science and Strength and Conditioning from around the world, keep Setanta at the cutting edge in the latest thinking, research and technology.

Throughout your time with Setanta, a practical emphasis will be placed on all course content as our lecturers lean on their vast experience to provide you with an insight into the art and science of coaching.

# The Student Experience



“ Studying at Setanta College helped me achieve my dream of being able to open my own gym, I wanted to give more to the clients I was working with and create an environment where people could thrive. ”

**Ed Finn**

Founder - One Arena | Setanta Graduate

“ The people involved in Setanta are top-class and a key reason why I chose the course. It is a great opportunity for anyone that wants to progress their career and understanding of S&C, rehab and any area within high performance. ”

**Mark Brady**

S&C Coach | Setanta Graduate



“ The course is structured in such a way that it allowed me to fit my studying around my training. The flexibility and quality of education have been key to my success in not only learning but for my performance when I'm rowing. ”

**Sanita Puspure**

Team Ireland Rower | Setanta Graduate



# Join the Performance Revolution

At Setanta, we have witnessed a rapidly growing demand for strength and conditioning and performance coaching professionals throughout the world of sport and human performance.

By choosing Setanta, you will join a highly sought-after alumni network once completing your studies. There are over 50,000 Setanta graduates worldwide, many of whom are eminently engaged within the sports, technology, performing arts and fitness industries along with sport and exercise tertiary education.

Our vast and significant partner network will open doors for you across sport and physical activity. We partner with some of the world's leading sporting organisations - providing many career opportunities along the way for our graduates.





SWEAT.  
DAILY.



SETANTA  
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