



SETANTA  
COLLEGE

Diploma in

---

Personal Training and  
Strength & Conditioning

---

Online Learning with a  
World-Renowned Provider

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

# Contents

Diploma in  
Personal Training  
and **Strength  
& Conditioning**



**03**  
Why  
Setanta?

**05**  
Course  
Overview

**07**  
Modules

**09**  
Becoming a  
Personal Trainer

**11**  
Getting  
Started

**13**  
Our  
Lecturers

**15**  
Student  
Experience



# 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.

# Course Overview

## Dual Qualification

This is a dual qualification course that gives graduates an internationally-recognised qualification in both Personal Training and Strength and Conditioning (S&C). It combines our Certificate in Fitness & Conditioning (NFQ Level 6) with a REPS Ireland accredited Diploma in Personal Training (NFQ Level 5).

## Course Delivery

The course is delivered through blended learning, which includes both online lectures and practical workshops. Delivered over 10 months, 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 held every 5-6 weeks in Cork, Galway and Dublin. These workshops will provide students with the opportunity to practically apply the elements they have learned through online lectures, led by Setanta experts.

## Further Qualifications

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

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



## Expertise & Insight

Our Diploma in Personal Training and Strength and Conditioning will equip you with the skill set to instruct, provide personalised workouts, offer variety and help individuals and teams achieve their goals.

Throughout our history, we have helped our students develop a firm understanding and insight into the ever-changing science of strength and conditioning.

This qualification builds on that experience and includes an internationally-recognised Certificate in Fitness & Conditioning that will help you develop and train clients more effectively.

# Modules

## 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

### Diploma in Personal Training and S&C

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

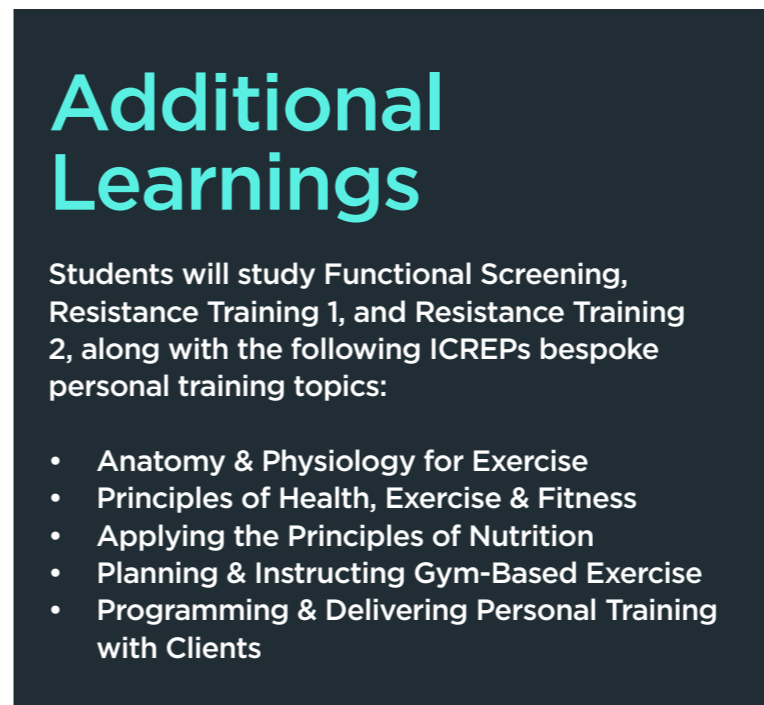
- Certificate in Strength & Conditioning
- Higher Certificate in Strength & Conditioning
- BSc in Strength & Conditioning

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.



## Additional Learnings

Students will study Functional Screening, Resistance Training 1, and Resistance Training 2, along with the following ICREPs bespoke personal training topics:

- Anatomy & Physiology for Exercise
- Principles of Health, Exercise & Fitness
- Applying the Principles of Nutrition
- Planning & Instructing Gym-Based Exercise
- Programming & Delivering Personal Training with Clients

## 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.



# Becoming A Personal Trainer

Rewarding for You. Empowering for Your Clients.

## Take Your First Step with Setanta

Becoming a Personal Trainer means that you are joining one of the fastest growing professions in the burgeoning fitness industry. Once qualified, you will be your own boss and be well rewarded for your work. It's a role perfectly suited to those seeking a flexible lifestyle and a more positive work-life balance.

More importantly, though, it's a profession where you can play a pivotal role in improving the lives of others: educating individuals on the benefits of physical activity; helping them achieve their own fitness goals; and empowering them to improve their physical health and well-being. If you want to be among the best in this quickly growing sector, you should start by choosing Setanta College.

By bringing together the knowledge of world leading experts, our Diploma in Personal Training and Strength & Conditioning will give you the qualification, knowledge and practical skills-set to become a confident and sought-after Personal Trainer.

# 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

The standard fee for the full 10-month course is \$3,300 with a special price when you pay in full and upfront of \$3,000. For those looking for more flexibility, there are instalment options available:

1. **Monthly: Pay 10 monthly instalments of €360**
2. **Standard: Pay 3 instalments of €1,100**
3. **Upfront: Pay €3,000 upfront (save 9%)**



## How to Apply

### Diploma in Personal Training and S&C

We are now accepting applications for our this programme.

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



David has been involved in the physical preparation of sports teams for the past 20 years and has extensive experience in the area of S&C. He has mainly worked within the GAA with a variety of hurling and Gaelic football clubs teams in Limerick, Tipperary, Clare and Cork, winning numerous county titles.

**David Moriarty**

**Lecturer - Functional Screening**

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 & Resistance Training**



Ben is a graduate of BSc in Sports Science and Health and also holds an MSc in Strength & Conditioning. Ben has previously worked providing S&C support to rugby and hurling teams along with working as the Lead S&C Coach for the Netball Superleague National Champions - Surrey Storm. Ben is a UKSCA qualified S&C Coach and an NSCA Certified Personal Trainer

**Ben Mahony**

**Lecturer - 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

“ Gaining my Setanta qualification has expanded LifeFit’s business potential, and has vastly improved the services I offer to my gym and Personal Training clients through improved screening, corrective work and programming. ”

**Paul Dunne**

Owner - LifeFit Gym | Setanta Graduate



“ The most beneficial aspect of the programme is how applicable the study is to my daily training. It makes me understand more about me exercises and provides me with me the knowledge to one day coach other athletes. ”

**Mia Griffin**

Track Cyclist | 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. Below are just some of the organisations that we partner with - providing many career opportunities along the way for our graduates.





SWEAT.  
DAILY.



SETANTA  
COLLEGE

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