

## SPORT, ANATOMY & NUTRITION

This innovative course is designed to immerse students in the diverse and interconnected world of sports, anatomy and nutrition. The coaching modules are tailored to elevate your understanding of the sport, covering strategy, skill development and effective coaching techniques. The exercise & fitness module focuses on designing fitness programmes and exercise instruction, while nutrition provides insights into dietary requirements focusing on sports and fitness. This course provides a balanced foundation for success in this field.

### Entry Requirements

- Leaving Certificate standard or QQI Level 4 or mature students (23+)
- All applicants are subject to Garda Vetting

### Course Content

- Sport & Recreation Studies 5N2667
- Exercise & Fitness 5N2668
- Leisure Facility Administration 5N4666
- Soccer Coaching 5N4887
- Gaelic Football Coaching 5N5085
- Deep/Shallow Water Pool Lifeguard Skills 6N18421 / 5N18417
- Nutrition 5N2006
- Sports Anatomy & Physiology 5N4648
- Communications 5N0690
- Personal & Professional Development 5N2985

Please note the above modules are subject to change.

For possible progression routes click the progression link on the Sports, Anatomy and Nutrition course page on our website: [www.moatebusinesscollege.com](http://www.moatebusinesscollege.com)

### Certification

- QQI Level 5 Certificate in Sports, Recreation and Exercise 5M5146
- First Aid Responder
- Sport Ireland - Safeguarding 1
- FAI – PDP1 and PDP 2 (or equivalent)
- GAA – Introduction to Gaelic Games Coaching (Foundation Award)
- WSI - Pool Lifeguard Award

### Career & Employment Opportunities

On successful completion of the Level 5 Sport, Anatomy & Nutrition Programme, students may progress to Third Level Colleges or seek employment in a variety of settings. These roles and settings include:

- Sports Coaching
- Health & Fitness Centres
- Swimming Pools
- Summer Camps
- Sports Retail Outlets
- Sports Development
- Physical Education Studies
- Fitness Instructor /Personal Trainer
- Health Promotion Officer
- Nutritionist
- Leisure Management
- Outdoor Education Officer
- Sport Scientist

### Popular Progression Pathways

- US956 Athletic & Rehabilitation Therapy  
BSc TUS Athlone
- US951 Sports Science with Exercise Psychology  
BSc TUS Athlone
- US958 Applied Sports Science with Strength & Conditioning TUS Thurles
- US950 Nutrition & Health Science TUS Athlone
- LM090 Physical Education  
BSc University of Limerick

