



Inchicore College of Further Education
Coláiste Bhreisoideachais Inse Chór



BASIC FITNESS (PART-TIME) BTEI - LEVEL 4

ARE YOU INTERESTED IN SPORTS COACHING OR FITNESS TRAINING.
DO YOU WISH TO RETURN TO LEARNING IN A COLLEGE OF FURTHER
EDUCATION?

AT INCHICORE COLLEGE, YOU CAN STUDY PART-TIME AND GAIN A LEVEL 4
CERTIFICATE, WHICH WILL HELP YOU TO PROGRESS TO A FULL-TIME
COURSE IN THIS AREA.

COURSE CONTENT

- Health Related Fitness Level 4
- Communications Level 4
- Information Technology Skills Level 4
- Food and Nutrition Level 4

On completion of this part time fitness course, graduates can
apply to continue their studies on a number of QQI Level 5
courses in Inchicore College.

If you have any queries please contact

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