

Inchicore College

Level 4 Basic Fitness (Part-time) Part-time 2015-2016

Students will be expected to attend college 3 mornings per week and study independently and complete assignments outside of this time. Students study four modules at FETAC Level 4.

The modules on offer are as follows:

1. Health Related Fitness

- Learn about the correct way to exercise
- How to develop fitness programs for yourself and others
- Identify how stress effects the body

2. Communications

- Improve your writing and reporting skills
- Learn how to make presentations
- CV, interview and cover letter preparation

3. I.T.Skills

- Correct use of Email and Internet
- Word-Processing and typing
- Learn how to store and arrange files and folders

4. Food and Nutrition

- Look at the importance of diet to physical health
- Prepare meal plans for different types of individual
- Learn about the role of vitamins, minerals, proteins in your diet

COURSE FEES:

The course is free to people on Social Welfare payments, with a medical card or adults who left school without a Leaving Certificate.

Students must be over 18 at the time of registration and should have been attending other courses at FETAC Level 3 or equivalent in the previous year.

Please return to James Quinn, CDETB Foundations Project, 1 Parnell Square, Dublin 1 by August 21st, or call 01-8786658 extension 1 for more information.

Interviews will then be held in the college September 2nd.



Are you interested in sports coaching, training to be a fitness instructor or working in a Gym/Leisure Centre?

You can study part-time in Inchicore College and gain Level 4 certificates that will help you progress to a full-time course in this area.

Application Form:

Personal details:

Name: _____

Address: _____

Phone No.: _____

Nationality: _____

Date of Birth: _____

PPS NO.: _____

Please list any Educational qualifications or FETAC certificates and the levels you have achieved:

What are your interests in this area:

Signature: _____

Date: _____