



Certificate in Functional Screening and Resistance Training

ONLINE LEARNING

Description

Certificate in Functional Screening and Resistance Training

We consider this the entry point to becoming a qualified Strength and Conditioning coach. The Certificate in Functional Screening & Resistance Training is a QQI Level 6 (30 credit) qualification which is 9 months in duration. Consisting of three key modules, the qualification will prepare the coach for work with individual athletes, players and team sports. These are highly practical modules and provide up to date methods and approaches for those interested in becoming Strength and Conditioning coaches.

Modules

The modules include:

- 1) Functional Screening
- 2) Resistance Training
- 3) Resistance Training 2



Delivery Method

Students will study one module at a time, each lasting 12 weeks in total.

All modules of this course are delivered part-time via blended or distance learning. Weekly lectures will be delivered through our virtual learning environment and are completed entirely online. The practical face-to-face elements of the course are delivered on campus once every 5 - 6 weeks in the state of the art Sportslab facility in Thurles, County Tipperary.

Student knowledge is examined using continuous assessment comprising of online questionnaires and essay-style project work. The course has been designed to accommodate the working professional and will fit flexibly into your daily schedule.



Staff

Setanta College tutors are experts in their field. They are highly qualified, enthusiastic Strength and Conditioning coaches and Performance Scientists. They come from varied sporting backgrounds including team and individual sports.

Below are your first 3 tutors for this certificate course. To read more about our staff log on to the staff section of our website.



Eoin
Everard



Gordon
Brett



Ciaran
Keogh



Learning Outcomes

Graduates will :

- Display a specialised knowledge of strength and conditioning for sports
- Have a broad range of practical analytical skills
- Demonstrate screening and coaching competencies

Entry Requirements

Setanta College operates an open-entry policy for our undergraduate courses. This means that there are no academic prerequisites for entry on to these programmes. You can register for the Level 7 degree without holding any previous qualifications. However, students must be at least 23 years of age at the time of commencing their studies (mature student status).



Career Opportunities

This course prepares graduates to become competent at functional screening and prescribing and supervising corrective strategies. The graduate will also be prepared to implement and supervise resistance training and weightlifting to sport programmes. Graduates also have the opportunity to progress on to higher-level qualifications with Setanta College.

Module Descriptors

Functional Screening

This module aims to provide the learner 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 prescribing a movement corrective strategy.

Resistance Training 1

This module aims to provide the learner with a range of skills, knowledge and competencies in the coaching and planning of resistance training across a range of activities and for a variety of participants.





Resistance Training 2

This module aims to enable learners to acquire the knowledge, skill and practical competency in delivering safe and effective coaching practice related to Olympic style weightlifting and related core exercise coaching and programme progression.

Contact

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