

Bachelor of Science in Exercise & Health Fitness (B.Sc.)

Year 2: Higher Certificate in Exercise & Health Fitness (HCEHF)

Fit for Life - Lifestyle Management Specialist (SS3031)

FFL



National Council
for Exercise & Fitness



UNIVERSITY of LIMERICK
Ollscoil Luimnigh



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This is a specialist e-learning qualification in Year 2 of the B.Sc. in Exercise & Health Fitness. Applicants who register for the HCEHF may choose this specialist course as one of their options.

RECOGNITION: 15 European Credit Transfer System (ECTS) credits towards the Higher Certificate/ Diploma/ B.Sc. in Exercise & Health Fitness through a flexible learning pathway.

The Higher Certificate/Diploma/B.Sc. are awarded by the University of Limerick and are placed at Levels 6/7/8 on the National Qualifications Framework (NQF) and Levels 5/6 on the European Qualifications Framework (EQF).

Aim:

To prepare specialist exercise and health fitness professionals to work with community groups, private companies and workplaces to improve individual lifestyles, thereby reducing risk of diseases, such as heart disease and stroke. Areas of study include Stress Management, Healthy Eating, Bone Health and others. A strong physical activity emphasis runs through the course.

Course Details:

- This is an e-learning course, which is delivered through an interactive website which includes text, animations and video and is supported by a coordinator email and telephone support.
- Assessment will consist of on-line theory assessments and submission of a work experience video.
- As this is an e-learning course, applications will be accepted on an on-going basis, however, please note all online assessments and assignments must be completed within one academic semester:

Autumn Semester (September start) must be completed by early December.

Spring Semester (January start) must be completed by mid April.

Summer Semester (May start) must be completed by mid July.

Entry Requirements:

(A) For Certificate in Exercise & Health Fitness (CEHF) Graduates and Recertified NCEF Level 1 holders:

- Completed NCEF/UL application form
- Curriculum Vitae outlining your work experience in the industry
- Copy of your CEHF/PEAI NCEF Level 1 Certificate

(B) For Expired NCEF Level 1 holders (1987-2006) and for those with equivalent qualifications:

- Completed NCEF/UL Application Form
- Applications for entry on to this module is through the NCEF/UL Recognition of Prior Learning (RPL) Scheme*. Applicants will be assessed on an individual basis and in accordance with NCEF/UL RPL criteria. RPL applicants are required to complete a pro-forma Portfolio of Learning (POL). This form is available from NCEF Head Office or online at www.ncefinfo.com

OFA Occupational First Aid (OFA) is an NCEF & industry requirement. All candidates must provide a current OFA Certificate on application.

*Please note an RPL fee applies to all applicants required to submit a POL Form. On successful acceptance the fee is deducted from the overall programme fee.



This module is provided in association with the Irish Heart Foundation.

Course Content

Content

The content of this e-learning course is aimed at improving the lifestyle of adult members of the general population. Participants will study the content and resource materials of the ten units 'Fit For Life Programme' aimed at adult members of the general population. A strong physical activity element will be evident throughout this course.

Areas of study will include:

- Learning theories
- Group facilitation
- Understanding your overall health
- Active living
- Healthy eating
- Positive weight management
- Stress management
- Back care and bone health
- Developing an overall plan
- Conducting a progress review

Developing a 'Fit for Life' Plan, putting it into action and staying with the programme are important elements of the programme. Emphasis will be placed on developing and enhancing the communication and delivery skills of the programme participants.

Assessment:

This module is an e-learning based module, delivered online and supported by email. Assessment will consist of on-line theory assessments and submission of a work experience video.

Course Development:

The content has been developed and compiled by NCEF Tutors and by those who work in specialist areas within the Irish Heart Foundation.

Continuing Professional Development (CPD)/Lifelong Learning

Continuing Education Credits (CEC's). This Module will earn PEAI/NCEF holders 650 CEC'S. An extra 75 CEC's are available on successful completion of assessment requirements.

15 ECTS Credits towards the Diploma/Bachelor of Science in Exercise & Health Fitness.

