

# National Qualification in Exercise, Health Studies and Personal Training



**NTC**

*See who you can be!*

[www.ntc.ie](http://www.ntc.ie)



## National Qualification in Exercise, Health Studies and Personal Training

This qualification, which is delivered by the National College of Exercise and Health Studies (NCEHS), is the only complete fitness instructor training programme available in Ireland which is accredited by the European Health and Fitness Association ([www.ehfa.eu](http://www.ehfa.eu)) and offers individuals the opportunity to learn the skills required to teach safe, effective exercise to the public. Exercise prescription offered by NCEHS Health Fitness Instructors includes resistance training classes using the wide variety of weight training machines available in health clubs and fitness centres. Graduates also deliver group exercise to music classes, either in health clubs and fitness centres in an employed capacity, or in community centres, parish halls, etc., as self employed individuals. They also have the opportunity to deliver one-to-one personal training in a self employed capacity or within a fitness centre.

A highly specified Professional Indemnity Insurance policy is available exclusively to our graduates.

NCEHS graduates will find themselves immediately employable and in strong demand within the health fitness profession.

Opportunities also exist for NCEHS qualified Health Fitness Instructors to work on board luxury cruise liners through our professional relationship with Steiner, the company responsible for staff placement in this area.

Students with the NCEHS in Dublin have access to a full range of study aids for the duration of their course. Study aids include a fully equipped Pulse Fitness® gym, an exercise to music studio and extensive book, video and DVD libraries.

Cork students have access to a fully equipped gym and an exercise to music studio. Additionally students participating on this programme at the Mardyke Arena, University College Cork can avail of complimentary membership for the newly refurbished Mardyke Arena for the duration of the course. For more information on the full range of fantastic new facilities please log onto [www.mardykearena.com](http://www.mardykearena.com)

### Locations

Dublin  
Cork

### Level

National Qualification  
(Certificate)

### Duration

18 weeks  
(Including Final Examination)

### Cost

€1,995.00  
Discounts of up to €145.00

### Examination Fees

€200.00  
(Payable around week twelve of the course)

## Entry Requirements

The National Qualification in Exercise, Health Studies and Personal Training is open to anybody with a strong interest in exercise and health fitness and the desire to pass their enthusiasm on to the general public as part of their day-to-day working routine as either a full time or part time health fitness instructor.

The content is delivered to facilitate adult learners of mixed ability.

National Training Centre's approved Training Programmes and Trainers have been placed on the FÁS/EI National Register of Trainers. The registration number of National Training Centre is 903336





## Synoptic Syllabus

Below you will find the main categories which are covered on the National Qualification in Exercise, Health Studies and Personal Training programme. There are many smaller categories which are also covered.

### Anatomy, Physiology and Pathology

Students learn about the anatomy of the human body and the functions, names and descriptions of the relevant muscles.

### Resistance Training

The safe use of equipment and weights and the effects individual pieces have on specific muscle groups.

### Exercise to Music

The safe implementation of exercise to music methods to facilitate the best results in individuals or groups.

### Diet and Nutrition

Sports nutrition and the nutritional values of every day foods and supplements including National Standards and Guidelines.

# Enrollment Form

A close-up photograph of a hand holding a silver pen, writing on a white enrollment form. The form has several rectangular boxes and some text, including "(s)", "all cases:", "complete both sides of this form!!", and "sure you sign and". The background is blurred, showing more of the form and the hand.

National Qualification in  
Exercise, Health Studies and  
Personal Training

# Enrollment Form

Please complete all sections, detach and return to: NTC, 15-16 St. Joseph's Parade, Dorset Street, Dublin 7. Alternatively book online at [www.ntc.ie](http://www.ntc.ie)

## PERSONAL DETAILS

Please enter your name as you would like it to appear on your certificate.

Title	<input type="text"/>
First Name(s)	<input type="text"/>
Last Name(s)	<input type="text"/>

Address	<input type="text"/>
---------	----------------------

Mobile	<input type="text"/>	Landline	<input type="text"/>
Email	<input type="text"/>		
Date of Birth	<input type="text"/>	Gender	<input type="text"/> M for Male. F for Female
Occupation	<input type="text"/>	Nationality	<input type="text"/>
Next of Kin	<input type="text"/>	N.O.K. No.	<input type="text"/>

Contact No. in the event of an emergency

## HEALTH DETAILS

If you suffer from any illness or injury which could prevent your full participation, or if you have any special needs, please give details here



# Terms & Conditions

The National Qualification Scheme will provide your certificates upon successful completion of the course. Certificates are valid for life. At the time of qualification you will be placed on the Irish Register of Exercise Professionals (iREPs) where your status will be listed as active for a period of five years. At the end of this five year period your status will change to inactive unless you have participated in sufficient Continuing Professional Development (CPD). CPD is measured by Continuing Educational Units (CEUs) and CEUs are obtained by participating in further training or education in associated areas. Training or education does not have to be completed with the National Training Centre, although the NTC does offer a range of Advanced Certification Programmes for graduates which contribute to CPD. For example, the National Qualification in Aqua Fitness carries 90 CEUs and the total required over the five year period is 400. CPD is a method of measuring an individual's competence to practice as it demonstrates that an individual is operating using the most up to date knowledge available. This enhances the confidence of both members of the public and potential employers as well as meeting internationally accepted standards. Graduates who do not participate on CPD may opt to sit a re-certification examination at the end of each active period on iREPs. This examination is designed to establish how up to date an individual's knowledge is.

Use of all study facilities is at the discretion of staff and tutors of the NTC and its agents. Use of the gymnasium is expressly for study purposes for National Qualification in Exercise, Health Studies and Personal Training students and cannot be used without having first undergone an induction session and only when there is at least one other student or tutor present.

It is each student's responsibility to ensure attendance at every tutorial. Such attendance should be in a timely manner as late arrival at tutorials is disruptive for other participants. It is not generally possible to move from one course to another or from one venue to another although individual circumstances will be considered upon receipt of a request in writing to the office of administration of the National Training Centre. Where approval is given to move from one course or venue to another, there may be a fee payable to facilitate this.

Students on the National Qualification in Exercise, Health Studies and Personal Training course must complete and record an additional eight hours per week of independent study and practice in order to support the learning experience gained during tutorial hours.

In addition to our Code of Ethics and our National Standards and Guidelines, the National Training Centre has rules and regulations regarding personal appearance, conduct, time-keeping, and attendance. Participation on this course assumes your consent to be bound by these conditions. By signing this form, you agree to abide by such conditions.

At the time of interview or open day, please ask any questions you may have to assist both the interviewer

and yourself to ensure that this course meets your aims and objectives. Payment of a deposit or course fees at any time guarantees a place on the course, subject to availability. This guarantee is valid up to the specified start date contained within the literature for this course, by which time the balance of fees must be paid. All deposit amounts paid in relation to National Qualification courses are non-refundable in all circumstances. The balance of fees may only be refunded as follows: Where written notice is received by the NTC six weeks before the course commencement date a refund of 80% of fees paid, excluding deposit payment, will be made; where written notice is received by the NTC five weeks before the course commencement date a refund of 70% of fees paid, excluding deposit payment, will be made; where written notice is received by the NTC four weeks before the course commencement date a refund of 60% of fees paid, excluding deposit payment, will be made; where less than four weeks notice is given no refund will be offered. Once a course has commenced refunds will not be offered in any circumstances. Should there be a genuine medical or compassionate reason why a student is unable to commence a course where a deposit or other fees have already been paid, they may apply to the Educational Committee of the National Training Centre to defer their participation to a later date. All submissions to the Educational Committee of the National Training Centre must be made in writing and sent by post to: Educational Committee, NTC, 15-16 Saint Joseph's Parade, Dorset Street, Dublin 7 - or by email to: [edcom@ntc.ie](mailto:edcom@ntc.ie) The decision of the Educational Committee in all such matters is final. The Educational Committee of the National Training Centre meet on the last Friday of each month and when the last Friday of a month falls on a public holiday correspondence will not be dealt with until the following month.

All National Qualifications include final examination and certificates will only be awarded to those who successfully complete final examinations. Examination fees of €200 apply to the National Qualification in Exercise, Health Studies and Personal Training and these fees must be paid approximately four weeks prior to examination date.

All applicants for courses have a responsibility to ensure that they are not suffering from any illness or injury which may prevent their complete participation on the course. Applicants must also ensure that they do not suffer from any communicable disease and furthermore, should they contract such a disease during the term where they are participating on the course, that they will not attend for the duration of the period during which they could infect fellow students.

Should a course commencement date be postponed, all applicants will be entitled to defer their commencement to the next available date or receive a full refund of any fees paid. Course schedule, content, tutors and venues may be subject to change.

Examination results and / or certificates will not be issued to any student who has not paid all fees due.

## Your Future

Once the course has been successfully completed you can work as a fully qualified fitness instructor and / or personal trainer. The National Qualification in Exercise, Health Studies and Personal Training is welcomed by all employers in Ireland and is also accepted around the world.

You may also decide to continue your education in many specialist areas such as those listed below.

## Advanced Certification Programmes

A complete range of one and two day Advanced Certification programmes are available from the National Training Centre and while also helping to meet Continuing Professional Development requirements they also add significantly to your portfolio.

Some of the ACPs available are:

- Spin Cycling
- Pre and Post Natal Exercise
- Exercise and the Older Adult
- Pilates
- Aqua Fitness
- Stability Ball Training
- BOSU Balance Training



## Tutors

The tutors on the National Qualification in Exercise, Health Studies and Personal Training programme are respected industry leaders and all hold the Higher Diploma in Education (H.Dip. Ed) and the National University of Ireland's Certificate in Training and Continuing Education.

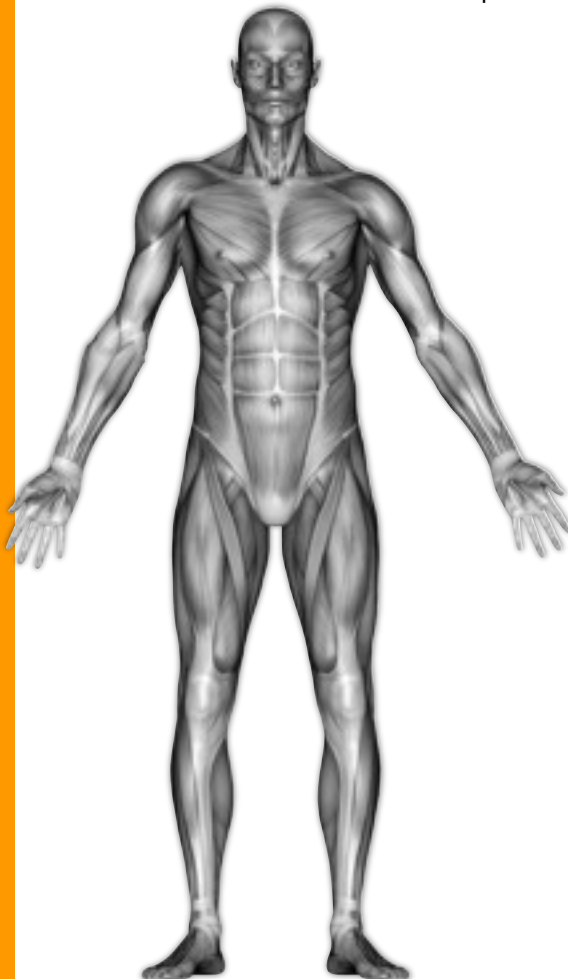
## Course Fees

### Standard Cost

The total cost of the National Qualification in Exercise, Health Studies and Personal Training programme is €1,995.00.

### Payment Options

You can secure a place on the programme by payment of full course fees of €1,850.00 if paying at least one calendar month prior to the course start date or €1,995.00 if paying fees within one calendar month of the course start date. Alternatively places can be booked on payment of a non-refundable deposit of €500.00. The balance of fees can be paid using one of the options below, some of which lead to discounts.



#### OPTION 1

A single payment of €1,350.00 made at least one full calendar month prior to the course start date. Total payable is **€1,850.00**.

#### OPTION 2

A single payment of €1,495.00 made within one month prior to the course start date, up to and including the start date. Total payable is **€1,995.00**

#### OPTION 3

Where a student is receiving funding (FÁS, Dept. Social and Family Affairs etc.) the student must pay the amount they have committed to paying in order to enroll. The NTC will invoice the funding organisation for the balance of course fees. Total payable is **€1,995.00**

#### EXAMINATION FEES

Examination fees of €200.00 are payable around week twelve of the course for students who wish to sit exams. If funding is being received for examination fees students must notify the NTC office of administration.

## Schedules and Locations

### Dublin Evening Course 18 Weeks

Tuesday and Thursday Evenings  
from 19:00 to 21.30 AND Saturday  
from 11:00 to 17:00

October  
2009

6th

This programme is delivered at:  
The National Training Centre  
15-16 Saint Joseph's Parade  
Dorset Street  
Dublin 7

t: 01 882 7777 f: 01 830 8757  
e: info@ntc.ie i: www.ntc.ie

### Dublin Day Course 18 Weeks

Monday, Tuesday, Wednesday and  
Thursday mornings from 11:00 to  
13:30

October  
2009

5th

This programme is delivered at:  
The National Training Centre  
15-16 Saint Joseph's Parade  
Dorset Street  
Dublin 7

t: 01 882 7777 f: 01 830 8757  
e: info@ntc.ie i: www.ntc.ie

### Cork Weekend Course 18 Weekends


Saturday and Sunday from 10:30 to  
16:30 each day. Weekends are  
consecutive, however there are no  
classes on bank holiday weekends.

February  
2010

20th

This programme is delivered at:  
The Mardyke Arena (U.C.C.)  
Mardyke Walk  
Western Road  
Cork

t: 021 430 1222 f: 01 830 8757  
e: info@ntc.ie i: www.ntc.ie



# National Qualification in Exercise, Health Studies and Personal Training

**NTC**

*See who you can be!*

[www.ntc.ie](http://www.ntc.ie)