

National Qualification in Neuromuscular & Physical Therapy

A 15 month part-time programme which leads to qualification as a Neuromuscular Physical therapist and Sports Massage therapist.

Overview

The National Qualification in Neuromuscular and Physical Therapy is a part-time programme, available in Dublin, Cork, Galway and Donegal, which qualifies successful graduates to offer soft tissue and muscular intervention to the general public. Treatments offered by graduates who are members of the Association of Neuromuscular Physical Therapists (ANMPT) to customers of Quinn Healthcare and Hibernian AVIVA Health are covered in line with the policies offered.

All National Training Centre tutors are highly qualified individuals who hold a minimum of a Higher Diploma in Education and The Certificate in Training and Continuing Education from NUI Maynooth. Many hold MSc.s in specialist fields. Our director, John Sharkey BSc., NMT, MSc., is an anatomist, exercise physiologist, neuromuscular physical therapist and a full member of the Medical and Science team of the Olympic Council of Ireland

In addition to following a strict code of ethics, all licensed Neuromuscular and Physical Therapists must be a member of a recognised professional body such as the Association of Neuromuscular Physical Therapists. Membership of this association allows a therapist's patients to benefit from health insurance payments. The combination of continuing professional development (CPD) and professional status will offer the reassurance which the public demand before a course of treatment commences. Patients will be able to verify the professional status of therapists using an on-line licensing register. Certificates awarded on successful completion are valid for life.

The cost of obtaining the National Qualification in Neuromuscular and Physical Therapy is €3,520.00. Fees can be paid by means of a deposit of €800.00 followed by eight monthly installments of €340.00. If the deposit is paid at least one calendar month prior to the course start date, the monthly installments are reduced to €310.00 per month, a discount of €240.00. A discount of €420.00 is available to individuals paying fees of €3,100.00 in full prior to course commencement date. Places on this programme are available on a first come first served basis. All students receive a free massage table valued at €400.00 once fees have been fully paid.

This CCME course is an advanced Complementary Medical Educational (CME) programme involving Sports Massage and Soft Tissue Manipulation techniques including:

- Primary and Advanced Anatomy & Physiology

- Exercise Physiology
- Neuro Physiology
- Multimedia Cadaver Studies
- Myology
- Soft Tissue Release
- Muscle Energy Techniques
- Trigger Point Techniques
- Neuromuscular Techniques
- Positional and Myofascial Release

Do I need to hold any other qualification in order to participate on this programme ?

No. As all courses include primary anatomy and physiology, they are open to all.

What will I be qualified to do when I complete this course successfully ?

On successful completion you will be a fully qualified Neuromuscular and Physical Therapist and as such will be professionally competent to offer treatment to relieve and eliminate pain, injury and dysfunction in muscle and soft tissue. Typically Neuromuscular and Physical Therapists will treat the type of everyday pain and injury most people experience at some stage of their lives such as back ache, restricted range of movement, chronic pain and muscular discomfort. Many graduates also work in a professional capacity with a variety of sporting teams.

Will I be able to get a job in a pain/sports injury clinic or in a hospital ?

Qualified Neuromuscular and Physical Therapists often work within multi-disciplinary injury clinics where therapists such as chiropractors, osteopaths, physiotherapists, Neuromuscular and Physical Therapists etc. offer a variety of pain and injury solutions. This multi-disciplinary model normally consists of a great deal of cross referral whereby therapists refer patients to each other, depending on the therapists individual area of expertise, and, having determined which treatment model is likely to offer the best solution, decide collectively on the best approach. Individual Neuromuscular and Physical Therapists can establish a G.P. referral scheme in conjunction with a local medical practitioner whereby the doctor will refer patients with appropriate symptoms to the Neuromuscular and Physical Therapist and using the contra-indication skills gained through the qualification

process, the Neuromuscular and Physical Therapist can refer their patients to the doctor when Neuromuscular and Physical Therapy may not be appropriate. Graduates who hold an existing medical qualification, in nursing for example, may find that they can combine Neuromuscular and Physical Therapy with their existing skill set within the hospital environment.

Are there many jobs available for qualified Neuromuscular and Physical Therapists in Ireland at present ?

Most Neuromuscular and Physical Therapists operate in a self employed capacity either as sole traders, as part of a multi-disciplinary clinical team, or with a variety of sporting teams. There are many opportunities for qualified Neuromuscular and Physical Therapists as individuals increasingly look outside of traditional medical disciplines for solutions to their health problems and as Neuromuscular and Physical Therapy is a complementary discipline and 100% science based, its appeal is broad. It must be pointed out that as with all professional qualifications at all levels, graduate appeal to patients will be result driven and their success from a business viewpoint will be in proportion to the time, effort and dedication they are prepared to offer their profession. Many National Training Centre graduates have started their careers in Neuromuscular and Physical Therapy on a part-time basis and have seen this aspect of their professional life overtake their full time career to become their primary or only occupation and source of income.

How much will I earn as a Neuromuscular and Physical Therapist ?

The recommended fee for each 45 minute treatment session is €60.00. The number of sessions you decide to complete each week will be determined by your own commitment and the results you achieve. There is no reason why a committed Neuromuscular and Physical Therapist would not see five or six patients each working day which would generate an income of €1,250.00 per week. One of the best things about qualifying as a Neuromuscular and Physical Therapist is that you can decide how many hours a day you want to work and therefore regulate your own earning potential.

Will I need to get insurance ?

The National Training Centre's code of ethics insists that all Neuromuscular Therpay graduates who are actively working in the profession, hold a professional indemnity insurance policy which covers the therapist against legal action taken by a patient as a result of an injury received during treatment. Therapists who are working on private premises may also need to hold public liability insurance. The Association of Neuromuscular Physical Therapists (ANMPT), which all of our NMT graduates are entitled to join, has negotiated a very attractive professional indemnity block insurance policy which offers extensive cover with an annual premium of approx. €150.00

Is this qualification accepted internationally ?

Yes. Neuromuscular and Physical Therapists are free to offer their services worldwide. In some American states therapists are required to sit and pass a state licencing examination before being allowed to practice.

How long does this course last ?

The National Qualification in Neuromuscular and Physical Therapy is available as either a weekend or weekly study option. Due to holidays, bank holidays etc. the length of time between starting and finishing dates varies from course to course, however every weekend programme consists of fourteen tutorial weekends with an additional weekend for examinations, The Dublin Saturday course consists of twenty-eight tutorial days and two examination days while the evening programme in Dublin consists of forty-eight tutorial sessions and four examination sessions.

How much does this course cost ?

The National Qualification in Neuromuscular and Physical Therapy costs €3,520.00. There are no additional fees for exams, oils, towels, course notes etc. There is a €420.00 discount available to students who pay course fees in full prior to the course start date.

Can I pay by installments ?

Yes - students can opt to pay a deposit of €800.00 and eight installments of €340.00 if booking within one month of the course start date. If booking more than one month before the course start date the installments reduce to €310.00 per month.

Are there grants available to cover tuition fees ?

The National Training Centre is a FÁS approved training provider. Many of our students receive funding for part or all of their course fees from FÁS, the Department of Social and Family Affairs, Skillnets and local Employment and Development projects. Individual students must contact their local office to enquire about eligibility.

Do I have to participate in work experience ?

No. There is no requirement for work experience participation.

Can I move between day/evening and weekend courses and between venues ?

As the structuring of tutorial schedules contains differences between day/evening and weekend courses and as there is additional Anatomy and Physiology tutorials on the day/evening course it is not possible to interchange. In some cases, and subject to availability, it may be possible to change from a day course to an evening course or visa versa. This change would be permanent when available. It may also be possible to change between venues, again subject to availability. Any requests for changes in venue or schedule must be made in writing to the Educational

Committee of the National Training Centre and their decision is final.

Where is this course available ?

The National Qualification in Neuromuscular and Physical Therapy is available at the National Training Centre in Dublin, the Mardyke Arena, University College Cork, the National Training Centre in Galway and the National Training Centre in Donegal.

How will I be assessed ?

Students of the National Qualification in Neuromuscular and Physical Therapy are assessed through both written and practical examination at the end of each course. A small amount of final examination marks are achieved through continual assessment throughout the course.

What age group participate on this course ?

Students of all ages participate on the National Qualification in Neuromuscular and Physical Therapy.

What is the success rate ?

80% - to 90% of students participating on the National Qualification in Neuromuscular and Physical Therapy will successfully complete all of their final examinations on the first attempt. Of the remainder most will need to repeat one exam with a small number having to repeat more than one exam. Every individual's ability to succeed will be in direct proportion to the number of tutorials attended and the commitment and time and effort they are prepared to commit to their studies.

How much of the course is practical and how much is theory ?

The National Qualification in Neuromuscular and Physical Therapy comprises approximately 50% theory and 50% hands-on practical tutorials. Most tutorial sessions will contain both theory and practical aspects.

The Cork course takes place at:

The Mardyke Arena U.C.C.

Mardyke Walk

Western Way

Cork

Telephone: 021 430 1222

Course Schedule Cork

National Qualification in Neuromuscular and Physical Therapy

Weekend Course

2009

October
3rd, 4th
November
7th, 8th
December
5th, 6th

2010

January
16th, 17th
February
13th, 14th
March
13th, 14th
April
10th, 11th

2010

May
8th, 9th
June
12th, 13th
July
10th, 11th
August
7th, 8th
September
4th, 5th
October
2nd, 3rd
November
6th, 7th
December
4th, 5th

Course Times

Saturday 09:30 to 17:30
Sunday 10:00 to 18:00

National Qualification in Exercise, Health Studies & Personal Training

An 18 week EHFA accredited programme which leads to international qualification as a Fitness Instructor and Personal Trainer. Available in Dublin and Cork

The National Qualification in Exercise, Health Studies and Personal Training is the only complete fitness instructor and personal training qualification in Ireland which demonstrates, through its accreditation by the European Health and Fitness Association, that it meets the minimum standard as agreed by the fitness industry in Ireland and throughout Europe. Successful completion will offer graduates the opportunity to prescribe safe and effective exercise to the general public in either group fitness situations or on an individual one-to-one personal training basis.

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.

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 course content includes anatomy and physiology, exercise to music, resistance training, diet and sports nutrition, first aid, injury prevention and other areas of interest. The content is delivered to facilitate adult learners of mixed ability.

All National College of Exercise and Health Studies tutors are expert in their chosen field with some having represented Ireland at international level in health fitness competition.

All senior tutors have many years of experience working in the health fitness profession and, having obtained a H. Dip. in Education have learned the skills required to deliver complex information to learners of mixed ability.

All tutors have dedicated areas of speciality to enhance the learning experience for NCEHS students.

NCEHS graduates have a responsibility to ensure that the exercise prescription which they offer the public is current, safe and effective. In order to achieve this goal graduates must participate in Continuing Professional Development (CPD) which ensures that they are always operating within

'best practice' standards.

CPD can be achieved through attendance at health fitness conventions and conferences or through the participation in advanced educational programmes which bring graduates up to date with changes.

The certificates awarded on qualification are valid for life and do not have an expiry date. As the programme is fully accredited by the European Health and Fitness Association (EHFA) - www.ehfa.eu - graduates are entitled to register with the European Register of Exercise Professionals (EREPS) - www.ereps.eu - which gives them international recognition with affiliation to the International Confederation of registers of Exercise Professionals (ICREPS) - www.icreps.org

The cost of obtaining the National Qualification in Exercise, Health Studies and Personal Training is €1,995.00. Fees can be paid by means of a deposit of €500.00 followed by a final payment of €1,495.00 on or before the course start date in Dublin and by the Friday preceding the course start date in Cork.

A discount of €145.00 is available to individuals who book their place and pay course fees of €1,850.00 in full at least one calendar month prior to the course start date. Places on this programme are available on a first come first served basis.

The National Qualification in Exercise, Health Studies and Personal Training covers all relevant areas including:

- Functional Anatomy & Kinesiology, Basic Exercise Physiology
- Concepts and Components of Fitness
- Exercise Principles & Energy Systems
- Lesson Planning & Class Structure
- Muscular Actions & Exercise Analysis
- Resistance & Flexibility Training
- Exercise to Music, Choreography & Music Appreciation
- NCEHS Key Elements to successful Instruction and Personal Training

- Safety and Contra - Indicated exercise
- Personal Training & Instructional Teaching Skills
- Diet & Sports Nutrition
- Injury Prevention in exercise
- Introduction to Sports Massage
- Business Aspects
- Code of Ethics
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- Do I need to hold any other qualification in order to participate on this programme ?
No. The National Qualification in Exercise, Health Studies and Personal Training is open to all individuals.

What will I be qualified to do when I complete this course successfully ?

On successful completion you will be a fully qualified fitness instructor and personal trainer.

Some other qualifications require that graduates complete an additional course of study to qualify as a personal trainer. The standard of examination given by the NTC ensures that any individual who achieves the minimum pass mark is qualified to offer safe and effective exercise prescription to all, whether individually or in a group.

Will I be able to get a job in a fitness centre or health club?

Yes. The National Training Centre operates Instructor Link which is a service that matches graduates with available positions in the fitness industry. All graduates can contact the NTC at any time post graduation to enquire about availability of jobs in their specific location. For impartial advice in relation to job availability, the NTC recommend that you select fitness centres and health clubs at random from a telephone directory and call them to enquire about job availability and qualification requirements. We are absolutely confident that 100% of them will welcome NTC graduates.

Are there many jobs available in the fitness profession in Ireland at present.

The health fitness industry is one of the fastest growing sectors in Ireland. As a result there is excellent job availability with many more jobs due to come online in the medium term. You can independently verify the availability of jobs by contacting fitness centres and health clubs chosen at random from the telephone directory or Golden Pages. Graduates may also operate in a self-employed capacity which can increase their earning potential.

How much can I earn as a fitness instructor ?

The starting pay rate for fitness instructors ranges between €10.00 and €12.50 per hour. Instructors may also generate additional income through specialist areas of qualification such as Spin Cycling, Stability Ball, Pilates etc. whereby employers may enter into a separate arrangement for payment for additional classes. Individuals who choose to follow a career in Personal Training can earn an average of €50.00 per hour. Personal Trainers success will be dependent on the results they achieve for their clients and it will be a benefit to have an extrovert personality. Graduates can also operate as sole traders by offering fitness classes in parish halls, community centres etc. Again success will be based on the instructor's personality and motivational skills plus results achieved. It is not unusual for instructors working in this sector to turnover in excess of €1,000.00 per week for part-time evening work.

Will I need to get insurance ?

The National Training Centre's code of ethics insists that all NTC graduates who are actively working in the profession, hold a professional indemnity insurance policy which covers the instructor against legal action taken by a client as a result of an injury which was received when following instruction. Instructors who are working on private premises may also need to hold public liability insurance if such cover is not held by the owners of the premises.

Is this qualification accepted internationally ?

Yes. The the National Qualification in Exercise Health Studies and Personal Training is the only complete course available in Ireland which is fully accredited by the European Health Fitness Association which allows for international recognition. We have graduates working in many countries worldwide.

How long does this course last ?

The National Qualification in Exercise, Health Studies and Personal Training is an eighteen week programme of education. Final examination usually commences during week eighteen and may continue into week nineteen or twenty depending on exam scheduling. The weeks of attendance are generally consecutive but sometimes break for bank holidays and Christmas etc. Classes do not break for summer or Easter.

How much does this course cost ?

The National Qualification in Exercise, Health Studies and Personal Training €1,995.00. This price includes all tutorial hours, complete course notes and use of all study facilities for the duration of the programme. Examination fees of €200.00 are payable two weeks prior to final examination. There are no additional costs or fees in relation to this programme.

Do I have to participate in work experience ?

Work experience is not compulsory on the National Qualification in Exercise, Health Studies and Personal Training. Students who do wish to participate in work experience are actively encouraged and supported administratively as much as possible.

Can I move between day and evening courses and between venues ?

No. As the structuring of tutorial schedules sometimes contains differences between day and evening courses it is not possible to interchange. The exact same content is covered on both programmes although, not necessarily on the same days. Additionally, as courses are frequently oversubscribed there may not be space available to offer the opportunity to interchange. If a student enrolled on any course discovers that their circumstances have changed and it would be more suitable to move from day to evening or visa versa, this may be allowed by the Educational Committee of the National Training Centre if there is space available. Application must be made in writing to the Educational Committee and they will give an official written response. It may, subject to availability, be possible to move between courses in Dublin and Cork.

Where is this course available ?

The National Qualification in Exercise, Health Studies and Personal Training is available at the National Training Centre in Dublin and the Mardyke Arena, University College Cork.

How will I be assessed ?

Students of the National Qualification in Exercise, Health Studies and Personal Training are assessed through both written and practical examination at the end of each course. Students must also complete and submit a Learner Workbook throughout the course. Students cannot graduate without successfully completing all written and practical exams and having submitted, in full, their Learner Workbook.

What age group participate on this course ?

Students of all ages participate on the National Qualification in Exercise, Health Studies and Personal Training. The average age of students is mid twenties and each course will be made up of approximately 50% male and 50% female students. Each course will also include individuals in their thirties, forties, fifties and sometimes in their sixties. Occasionally there will be a student between seventeen and eighteen years old. Students in this category must have written guardian approval and a parent or guardian must also attend for interview with the student.

What is the success rate ?

85% - to 90% of students participating on the National Qualification in Exercise, Health Studies

and Personal Training will successfully complete all of their final examinations on the first attempt. Of the remainder most will need to repeat one exam with a small number having to repeat more than one exam. Every individual's ability to succeed will be in direct proportion to the number of tutorials attended and the commitment and time and effort they are prepared to commit to their studies.

Can I pay by installments ?

No - there is no installment payment option available for this programme.

Are there grants available to cover tuition fees ?

The National Training Centre is a FÁS approved training provider. Many of our students receive funding for part or all of their course fees from FÁS, the Department of Social and Family Affairs, Skillnets and local Employment and Development projects. Individual students must contact their local office to enquire about eligibility.

How much of the course is practical and how much is theory ?

Theory subjects of the National Qualification in Exercise, Health Studies and Personal Training take up approximately half of the tutorial hours. The remainder of tutorial hours are taken up with practical subjects. Theory subjects include Anatomy & Physiology, Nutrition etc. while practical subjects include Resistance Training and Exercise to Music.

