Personal Training Qualifications

DUBLIN  CORK

Accredited at EQF Level 4
Hello and thank you for your interest in NTC. I am very pleased to have this opportunity to say some words about why you should join our community of students and graduates. As returning graduates completing our continuing educational programmes will already know, NTC deliver our education programmes using a blended learning approach. Blended learning ensures you have an excellent educational experience where you can access NTC’s up to date resources available on our website. As the longest established fitness education provider in Ireland (we’ve been here since 1985!) we know what it takes to ensure you graduate with the appropriate knowledge and skills to do the job.

Our experienced team of qualified tutors are pioneers in the health fitness arena. Health club owners and Leisure facility managers have been praising the standard of NTC graduates for over thirty years now. You can now become a proud health fitness instructor/personal trainer contributing to our National and Worldwide professional reputation. I was a founding director of the European Health Fitness Association (EHFA-now called Europe Active) and as such NTC has had representatives attending all important meetings at the European and International level. Our reputation and recognised standards mean you have a passport to the world with no shortage of employment opportunities for people with the right personality here in Ireland or overseas.

Our syllabus is comprehensive. On successful completion of our programme you will have all the skills and knowledge required of the level 4 Personal Trainer as well as being a health fitness instructor. NTC offer a wide suite of post-graduate courses providing you with unique opportunities to develop a solid career into the future. Of course we are aware that other training providers try to copy what we do here at NTC but we view that as a complement. Be sure to speak to as many people as possible before making your final decision on a course that could change your life. Do not accept an imitation. One visit to NTC to view our excellent facilities and to speak with any of our amazing staff will leave you assured you are in the right hands.

I wish you every success in your studies.

John Sharkey MSc

JOHN SHARKEY
Director, National Training Centre
I completed my studies at the National Training Centre Dublin back in 2009 in Exercise, Health Studies and Personal Training. The best course and decision I ever made in my life. Since then I have moved to Vancouver Canada and have been working in the fitness industry and added on many accredited programmes to my cert.

ZOE QUINN
Our Programmes

The National Training Centre offers a range of Personal Trainer qualification programmes which allow for speciality in areas which are in big demand in the fitness profession.

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Exercise, Health Studies and Personal Training
(Dublin and Cork)
This programme includes:
- Exercise, Health Studies and Personal Training,
- Step Aerobics
- Kettlebell Training

The gold standard in the fitness profession and will qualify you to teach gym based resistance training, studio based group exercise to music and one to one personal training. This programme includes the choreographed aspects of exercise to music, known to many as ‘aerobics’

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Weight Training, Gym Instructor and Personal Training
(Dublin and Cork)
This programme includes:
- Weight Training and Gym Instruction
- Kettlebell Training

This will qualify you to teach gym based resistance training, and one to one personal training. This programme does not include the choreographed aspects of exercise to music, known to many as ‘aerobics’

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Strength and Conditioning and Personal Training
(Dublin)
This programme’s emphasis is on strength and conditioning and includes four separate National Qualifications
- Weight Training and Gym Instruction
- Kettlebell Training
- Suspension Training
- Strength and Conditioning for Personal Trainers

This will qualify you to teach strength training, endurance, weight loss, body building, general fitness, gym based resistance training, and one to one personal training. This programme does not include the choreographed aspects of exercise to music, known to many as ‘aerobics’

Options 1 and 2 both cost the same and it really comes down to whether you feel you will teach studio based group exercise classes after you qualify. If you do, then Option 1 is for you. If not, then it’s Option 2. Option 3 includes two additional qualifications for those who want to concentrate on strength and conditioning and costs slightly more.
Synoptic Syllabus

The options cover a variety of content. All options include Resistance Training, Anatomy and Physiology, Sports Nutrition and Personal Training.

Below you will find the main syllabus categories. There are many smaller categories which are also covered.

Anatomy, Physiology and Myology
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.

Group Exercise
The safe implementation of group exercise methods to facilitate the best results for group training.

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

The list of covered areas includes:
» Anatomy, Physiology and Myology
» Sports Nutrition
» Concepts and Components of Health Related Fitness
» Exercise Physiology
» Flexibility and Stretching
» Resistance Training machine and free weight exercises
» Exercise to Music, Choreography and Music Appreciation - (Option 1 only - see page 3)
» Core stability and bodyweight training
» Role of the Personal Trainer in business, ethics and professional responsibilities
» Client appraisal and motivational interviewing
» Fitness assessment
» Functional Kinesiology and Biomechanics
» Circuit training
» Plan, design and evaluate gym based programmes
» Plan, design and evaluate exercise sessions
» Plan and design exercise to music based sessions - (Option 1 only - see page 3)
» Plan, design and evaluate a periodised training programme for an individual client
» Health and Safety
» Exercise and special conditions
» Assessment
» Self directed learning via learner workbook
» Strength and Conditioning - (Option 3 only - see page 3)
» Kettlebell Training
» Suspension Training - (Option 3 only - see page 3)
» Step Aerobics - (Option 1 only - see page 3)

Ireland’s leading educator in Health Fitness and Bodywork Therapies
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.

International Recognition

When you have successfully completed any of the Personal Training programmes available from the National Training Centre you will be awarded certification at European Qualification Framework (EQF) Level 4. This is the highest standard available within the EU for fitness instructors and personal trainers.

You will also be entitled to join REPs Ireland at their highest level. REPs maintain the independent register of exercise professionals in Ireland, and as the Irish confederation member of the International Confederation of Registers for Exercise Professionals (ICREPS), they have reciprocal recognition with other confederation members.

There are currently confederation members from Ireland, Australia, Belgium, Canada, New Zealand, South Africa, United Arab Emirates, USA and UK.

This means that once you any of our Personal Training qualifications, and are registered with REPs Ireland you will be recognised as a health fitness professional in all of the above countries. Countries which are not confederation members do not generally have any employment restrictions for fitness professionals so you will also be free to work in those locations.

Ireland’s leading educator in Health Fitness and Bodywork Therapies
Our Highly Qualified Professional Team
Exercise, Health Studies and Personal Training

Noeleen Gregory
Noeleen holds an MSc in Exercise and Nutrition Science and has almost completed her second Masters in Education. She specialises in Resistance Training, Nutrition and Fitness Assessment and also heads up NTC’s Examinations Department.

Daniel Iannelli
Daniel’s background is in MMA and he competes in Brazilian Jiu Jitsu. The holder of a H. Dip. in Sports and Leisure Management, Daniel tutors Resistance Training and also teaches on our Strength and Conditioning and Kettlebell courses.

Larry Geraghty
Larry specialises in Resistance Training and Postural Analysis. In addition to being a senior tutor on NTC’s Neuromuscular Therapy course he also teaches on our Suspension Training and Strength and Conditioning courses.

Ray Lynch
Ray holds a BSc (Hons) in Health Services from DIT and a MA in Management from UCD. He has worked extensively in the corporate health fitness market and tutors Group Exercise to Music and Indoor Cycling for NTC.

Michelle O’Melia
Michelle holds an MSc in Exercise and Nutrition Science and tutors Group Exercise to Music, Anatomy and Physiology, Sports Nutrition, Fitness Assessment and Special Conditions. She is also the course manager.

Karl McEntegart
Karl holds a B.Eng (Hons) from DCU and has been involved in the fitness industry since 2002. A fully qualified ASA Swimming Teacher and lifeguard, Karl tutors Resistance Training, Exercise Programming and Exercise Principles for NTC.

Maeve Carroll
Maeve is a highly qualified health fitness professional and has gained vast experience not only in Ireland but also in Australia where she ran a very successful personal training and Pilates business. Maeve teaches Group Exercise to Music.

Janette Penney
Janette holds a B.B.S. from Trinity College Dublin and is currently completing her Masters there. She tutors Anatomy and Physiology, Group Exercise to Music, Business Aspects, and Exercise Principles. She also tutors our Pilates courses.
Brighid Liston
Brighid is an energetic instructor with great knowledge of health and fitness who practices what she preaches. She is a keen runner, competing in the regular BHAA races and runs her own Sports Pilates classes in Cork.

John Sharkey
John holds degrees from Bachelors to Masters in health related areas. He is a Clinical Anatomist, published author and a full member of the Medical and Science team for the OCI. He is the founder and academic director of NTC.

Sean McKenna
A Chartered Physiotherapist, Séan holds an MSc and an MBA and is presently a PhD candidate at University of Limerick researching rheumatoid arthritis and exercise. He mainly tutors Anatomy and Physiology and Resistance Training.

Craig Clifford
Craig operates his own successful gym and personal training business and is passionate about fitness. Craig tutors primarily in Cork on the Resistance Training, Fitness Assessment and Exercise Principles modules.

Karen Cosgrave
Karen looks after student registrations and the day to day operation of NTC’s office of administration. Karen is also student liaison for all queries relating to student grant applications for the Department of Social Protection.

Linda Byrne
Linda is responsible for student finances and accounts in the National Training Centre and also looks after the certification process. She is also responsible for the smooth provision of course materials making sure that students have the correct resources.

Fidelma Conlon
Fidelma, a director of NTC, has a long history of involvement in the creation of European standards for fitness. She is the course coordinator with responsibility for content and review, ensuring the highest standards are met.

Greg Merriman
Greg is the head of administration with responsibility for day to day operations at NTC. He is also responsible for the design and production of NTC documentation, ICT procedures and has overall responsibility for our web presence.
We deliver our programmes at multiple locations around the country in excellent modern, fully equipped facilities from our custom built Dublin facility to University College Cork’s Mardyke Arena. Our programmes also represent excellent value for money with lesser programmes from some of our competitors costing many thousands of euro more. We have been here for over thirty years so you can be confident that we will be here for you in the future.

You would be amazed at the number of tutors on other provider’s programmes who have no formal teaching qualification. All NTC tutors are qualified to teach, with many also holding Masters Degrees. All have been trained to facilitate the delivery of course contents to adults of mixed ability and are extremely supportive of students throughout their time at NTC. We believe that every student deserves the very best opportunities.

The National Training Centre has been established since 1985 and during the intervening period our staff have been at the forefront of creating the European minimum standards. NTC have also been core members of many European fitness projects within the European Lifelong Learning Programme (LLP).

The Highest Standard in Ireland. Guaranteed!

Through outstanding education, training and support, we will help you to achieve your goals – whether you’re looking to enter work, improve your career prospects or progress to higher education. Together, we can help you take that important next step towards a better future, giving you the qualifications, skills and confidence you need for success.
What do our graduates say?

Just to say thanks a lot for your excellent classes in both ETM and in particular Sports Nutrition. I really found the course to be a very high standard and the level of tuition very impressive.

John O’ Carroll, Dublin 14

Fantastic facility. I simply can’t wait to come back. The tutors are great and very high standards are expected and delivered to students. Caroline Mallon, Swords

Thanks very much to all the tutors at NTC for all your help. You all made this course very enjoyable and I’m sure the whole group had as much fun as I did. This course was the best learning experience I have come across and I thank you for that.

Iva Ramini, Dublin 4

I just wanted to say a massive thank you to John, all the staff and tutors for their support and guidance over the past months. You all made the educational experience of doing the course a terrific one. I feel much more confident about getting out there and helping people to realise their goals.

Karen Reynolds, Swords, Co. Dublin

A very big thank you for a wonderful course. You are all very special people in different ways. Your professionalism and knowledge delivered with love fun and passion shines through at all times. I will miss you all very much. Be that body !

Brian McConville, Dublin 14

I really did enjoy it ... thanks to the motivational teachers for their enthusiasm and support ... also Karen and Greg in admin ... always very helpful and obliging.

Your care and respect for the class was always evident, none more so than before and during exam time. As a pretty busy parent, I was a little unsure about when I’d get the time to study and practice but because everything was so well structured, it made life so much easier.

Shane O’Neill, Sallynoggin, Co. Dublin.
Course Fees

- National Qualification in Exercise, Health Studies and Personal Training - €2,250.00
- National Qualification in Weight Training and Gym Instruction - €2,250.00

Places can be booked on payment of a non-refundable deposit of €500.00. The balance of fees can be paid in full up to the course start date and a discount of €150.00 applies - total payable is €2,100.00.

Alternatively you can pay the balance in two installments of €875.00, the first installment paid by the course start date and the second installment paid within one month of the course start date - total payable is €2,250.00.

- National Qualification in Strength and Conditioning and Personal Training - €2,490.00

Places can be booked on payment of a non-refundable deposit of €500.00. The balance of fees can be paid in full up to the course start date and a discount of €150.00 applies - total payable is €2,340.00.

Alternatively you can pay the balance in two installments of €995.00, the first installment paid by the course start date and the second installment paid within one month of the course start date - total payable is €2,490.00.

EXAMINATION FEES
Examination fees of €200.00 are payable around week twelve of all courses for students who wish to sit exams.

Locations
The National Training Centre’s Personal Training Programmes take place in Dublin, Cork and Limerick.

Dublin
National Training Centre,
15 - 16 Saint Joseph’s Parade
Dorset Street
Dublin 7

Cork
Mardyke Arena, University College Cork
Western Road
Cork

Schedule
The National Training Centre’s Personal Training Programmes take place four times per year in Dublin and twice per year in Cork.

Dublin Morning Course
This runs from Monday to Thursday - 11:00 to 13:00 and generally starts on the last Monday of April and the first Monday of October.

Dublin Afternoon Course
This runs from Monday to Thursday - 14:00 to 16:30 and generally starts on the last Monday of January and the last Monday of July.

Dublin Evening Course
This runs on Monday and Wednesday - 19:00 to 21:30 and Saturday - 11:00 to 17:00. It generally starts on the last Monday of January and the last Monday of July.

This runs on Tuesday and Thursday - 19:00 to 21:30 and Saturday - 11:00 to 17:00. It generally starts on the last Tuesday of April and the first Tuesday of October.

Cork Weekend Course
This runs on Saturday and Sunday - 10:30 to 16:30 and generally starts in February and September each year.

See www.ntc.ie for exact start dates.
Please complete all sections using a ballpoint pen and return to our Dublin head office address shown above. If you require any assistance with completing this form please contact us by telephone or email.

### PERSONAL INFORMATION

Please Use CAPITAL Letters

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### CONTACT INFORMATION

Please Use CAPITAL Letters

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### NEXT OF KIN INFORMATION

Who we should contact in the event of an emergency

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### HEALTH INFORMATION

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

Use a separate sheet if required

Continued over .....................
The details entered on this form will be used by the NTC to contact you before, during and after the course. We will also pass read, understood and agree to be bound by the terms and conditions of enrolment. You agree to abide by such conditions, our Code of Ethics and National Standards and Guidelines.

Applicant's Signature

Date of Signing

Your signature here indicates that the information which you have provided on this form is true and complete and that you have read, understood and agree to be bound by the terms and conditions of enrolment.

Applicants wishing to sit final examination for the National Qualification in Exercise, Health Studies and Personal Training must pay examination fees at approximately week 12 of the programme. The cost for assessment for the National Qualification in Exercise, Health Studies and Personal Training Upgrade Course must be paid when registering for assessment. The cost of examination and assessment for all other programmes is included in the course fee.

General conditions of enrolment

Course start dates may be subject to change. If a course start date changes, you will be offered the opportunity to transfer your enrolment to the new date or to receive a full refund of any fees paid. Should a course be cancelled or postponed the National Training Centre will not be held responsible for any additional costs incurred by the student, including, but not limited to, transport or accommodation. Once a course commences, although extremely unlikely, class dates and times may be subject to change.

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Advanced Certification Programmes

A complete range of exciting add-ons

Suspension Training
Kettlebell Training
Rope Training
Strength and Conditioning
Indoor Cycling
Fitness for Children
Pre and Post Natal Exercise
Exercise for Older Adults
Step Aerobics
Functional Integrative Training

The National Training Centre also offers a full range of the most exciting and in-demand add-ons for qualified fitness instructors and personal trainers.

Once you have qualified with the National Qualification in Exercise, Health Studies and Personal Training you can select from a range of one and two day speciality programmes to enhance your status.

Full Details

You can find comprehensive information about all of our Continuing Professional Development (CPD) programmes online at www.ntc.ie