

Higher Certificate in Exercise & Health Fitness (HCEHF)

If you want an exciting career as a fitness professional then you have found the right course. This is a quality assured, university course offering you a top class qualification.

This course will provide you with the skills to work as an **Advanced Personal Trainer** with specialist knowledge and experience in strength and conditioning, pilates or other fitness areas of your choice. You will have the knowledge and skills to design individualised programs for people of all levels. You will also be qualified to teach a variety of fitness classes such as HIIT workouts, body conditioning, circuits and step.

The Qualification

The **Higher Certificate in Exercise & Health Fitness (HCEHF)** is a university accredited fitness qualification. It is awarded by the University of Limerick. All students on our Dublin course are registered U.L. students. The HCEHF is a level 6 QQI qualification. It is a level 5 on the European Qualifications Framework EQF 5 and SQF level 5 – the highest industry standard. It is recognised by all of the fitness industry organisations (EREPS, FPI).



UNIVERSITY
of
LIMERICK

OLLSCOIL LUIMNIGH

Application Process

- Open to anybody 18 or over
- No experience necessary
- A strong interest in health & fitness desirable
- Normally at least 5 passes in leaving cert or higher qualification
- Course fee of €3125 per year includes registration with U.L. + tuition and exam fee and books
- Plus a First Aid Response course accredited by the Pre-Hospital Emergency Care Council

The Syllabus

This is a two year course consisting of nine modules in year 1. These provide students with the skills to carry out fitness assessments, design exercise programs, teach a variety of classes and group activities as well as the ability to work with individuals of all fitness levels.

Students gain a thorough understanding of fitness and how exercise impacts on peoples' health. There is also a First Aid Response course within the syllabus.

Year 1

- **Module SS2001:** Human Movement Studies
- **Module SS2011:** Lifestyle, Fitness and Nutrition
- **Module SS2021:** Fitness Assessment and Programme Design
- **Module SS2013:** Management and Work Placement
- **Module SS2014:** Occupational First Aid FETAC Level 5 Certificate
- **Module SS2015:** Teaching studio classes (practical)

- **Module SS2017:** Strength, Bodybuilding and Conditioning (practical)
- **Module SS2018:** Circuit Training, Bootcamp, H.I.T. and Body Conditioning (practical)
- **Module SS2019:** Flexibility Training, active and assisted stretching (practical)

As part of the course students receive access to the **CEHF** learning support website. The aim of this interactive website is to support and enhance learning experiences by providing extra tutorials, videos, animations and quizzes on all aspects of the **CEHF** syllabus.

Year 2

Students have the opportunity to specialise in the second year of the course. There are a range of modules available and students have the option to combine these in the format that best suits them. Students gain 60 ECTS from year 1. To gain the required 60 ECTS from year 2 students usually combine two 30 ECTS modules or one 30 ECT module with any two 15 ECT modules.

The modules in year 2 are:

Advance Personal Training	30 ECTS
Strength & Conditioning	30 ECTS
Pilates & Corrective Exercise	30 ECTS
Activity for Children	15 ECTS
Activity for Teenagers	15 ECTS
Active Ageing	15 ECTS
Lifestyle Management	15 ECTS
Spinning	15 ECTS
Aqua Exercise	15 ECTS
Inclusive Physical Activity	15 ECTS
Facility Operations	15 ECTS

Location

Technical University Dublin, Kevin St, Dublin 2: The course is based in a vibrant City Centre College. It has a first rate fitness facility. Students get a unique educational, vocational and commercial experience in this venue. The College is close to St Stephen's Green, the Luas and Dublin Bus routes. All of the year 2 modules are available in UL with some in Dublin depending on numbers. A number of the 15 ECTS modules are available through E-Learning.

Further Education

Students who successfully complete the Higher Certificate in Exercise & Health Fitness (**HCEHF**) can avail of the unique flexible learning pathway and continue their education. This UL/NCEF flexible learning pathway consists of two further qualifications.

Year 3 Diploma in Exercise & Health Fitness. Students can continue to specialise as a Fitness Professional or focus on tutor training

Year 4 Degree in Exercise & Health Fitness. This is a one year part time course based in U.L. and focuses on management and business development within the fitness industry.

For full details on the pathway see www.ncefinfo.ie .

