

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

## Stage 2: Personal Training



National Council  
for Exercise & Fitness



UNIVERSITY of LIMERICK  
OILESCOIL LUIMNIGH



This is a compulsory Specialist Module in Stage 2 of the B.Sc. in Exercise & Health Fitness.

**RECOGNITION:** 30 European Credit Transfer System (ECTS) credits towards the Diploma/B.Sc. in Exercise & Health Fitness. The Diploma/B.Sc. are awarded by the University of Limerick and are placed at Level 7/8 on the National Qualifications Framework (NQF) and Level 6 on the European Qualifications Framework (EQF).

### Aim:

The aim of this module is to provide participants with the skills, knowledge and competencies to provide one-to-one physical activity/ fitness training to adults with varying abilities, needs and goals in a variety of environments.

### Module Details:

- The module will take place over four weekends with assigned private study and an additional day for final summative assessments.
- 48 contact hours.
- Participants will also be required to carry out assigned work experience which includes a detailed project and submission of a short dvd.

### 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-form Portfolio of Learning (POL). This form is available from NCEF Head Office or [www.ncefinfo.com](http://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.

NCEF Head Office,  
PESS Building,  
University of Limerick,  
Castletroy, Limerick  
T: 061-202829  
F: 061-335911  
E: [ncef@ul.ie](mailto:ncef@ul.ie)  
[www.ncefinfo.com](http://www.ncefinfo.com)



# Module Content

## 1. Introduction to Personal Training

- Roles and functions of the personal trainer
- Qualities of the personal trainer

## 2. Applied Anatomy, Physiology and Kinesiology

- Response of specific body systems to exercise
- Physiological adaptations to specific conditions

## 3. Client Screening and Fitness Assessment

- Health and lifestyle screening
- Contraindications to participants
- Characteristics of high quality fitness assessment

## 4. Programming

- Principles and considerations of programme design
- Programming for various populations
- Training techniques

## 5. Communication Skills

- Client/Trainer relationships
- Effective communication skills for one to one training
- Conflict resolutions

## 6. Administrative Duties and Legal Responsibilities of the Personal Trainer

- Record keeping
- Business and contractual policies
- Insurance

## 7. Open Forum

- Master trainer presentations
- Case studies
- Open discussion

## Final Summative Assessments

- Summative Practical
- Summative Written
- Project & Video

## Tutors

All Tutors hold qualifications in the area of Exercise & Health Fitness or related area. Many of these tutors are teaching and/or conducting research in the areas of Education, Physical Education, Sport & Exercise Science and Recreation Management.

## Continuing Professional Development (CPD)/ Lifelong Learning

Continuing Education Credits (CEC's). This Module will earn PEAI/NCEF holders 850 CEC'S. An extra 150 CEC's are available on successful completion of assessment requirements.

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

