

Broaden Your Pathway to Success NCEF Autumn Workshops

Continuing Professional Development For Exercise & Health Fitness Professionals



Who should attend?

- Exercise & Health Fitness Professionals
- Coaches
- Students of PE, Exercise & Sport Science, Health, Recreation & Leisure, Physiotherapy, Physical Therapy
- Individuals wishing to pursue a career in Exercise & Health Fitness
- Individuals who have a keen interest in exercise & health fitness
- PEAI/NCEF Instructors wishing to gain 450 CEC's

**BOOK YOUR EARLY BIRD PLACE
BEFORE FRIDAY 10th JULY TO
RECEIVE DISCOUNTED OFFER**

**Sat 31st October 2009 • PESS Building
University of Limerick**



BROADEN YOUR PATHWAY TO SUCCESS

NCEF AUTUMN WORKSHOPS

Sat 31st October 2009



On Sat 31st October 2009 the National Council for Exercise & Fitness (NCEF) will host a one day event for all Exercise & Health Fitness Professionals. This event "Broaden Your Pathway to Success" will provide five exciting workshops to enhance your Continuing Professional Development (CPD). Please see the full programme on the opposite page.

All five workshops being presented on the day will provide tasters of new or newly updated modules which have been developed by the NCEF; Pilates & Corrective Exercise, Health Related Activity for Teenagers, Studio Cycling, Inclusive Exercise & Health Fitness, Fit for Life – Lifestyle Management (E-Learning) and Facility Operations in Exercise & Health Fitness (E-Learning). These modules will form part of the Diploma in Exercise & Health Fitness (DEHF) Dual Strand Pathway. This new DEHF Dual Strand pathway is currently progressing through the University of Limerick academic approval process. Full approval for the new pathway is subject to ratification by the UL Academic Council by mid July 09 with implementation of these new modules and strands being made available on a phased basis from Spring 2010 onwards.

The purpose of the DEHF is to provide an opportunity for aspiring exercise & health fitness professionals to follow a pathway from certificate at NFQ Level 6 to diploma at NFQ Level 7 by accumulating European Credit Transfer System credits (ECTS) on a stage by stage basis. (See pathway on this page). Stage 1 offers the Certificate in Exercise & Health Fitness (CEHF), while Stage 2 provides opportunities for further specialisation in specific areas within the industry (e.g. Personal Training). Those who proceed onto Stage 3 – either Tutor Education or to Practitioner Education can either choose to focus their work as NCEF Tutors at Stage 1 CEHF or Stage 2 Specialist level or, in choosing Strand 2 – Practitioner Education, choose to work within the industry, as specialist instructors

and/or in supervisory management positions.

The DEHF programme provides a unique structure through which the programme participant can access from a basic level of second level education into a certificate programme in exercise and health fitness (Certificate in Exercise & Health Fitness - NQF Level 6) and can then take the opportunity to progress further into specialist qualifications while in employment and then onwards to Tutor Education or Practitioner Education in Exercise & Health Fitness, culminating in the Diploma in Exercise & Health Fitness. Credit is awarded at the various stages, accumulating to the proposed credit requirements for diploma level (NFQ Level 7).

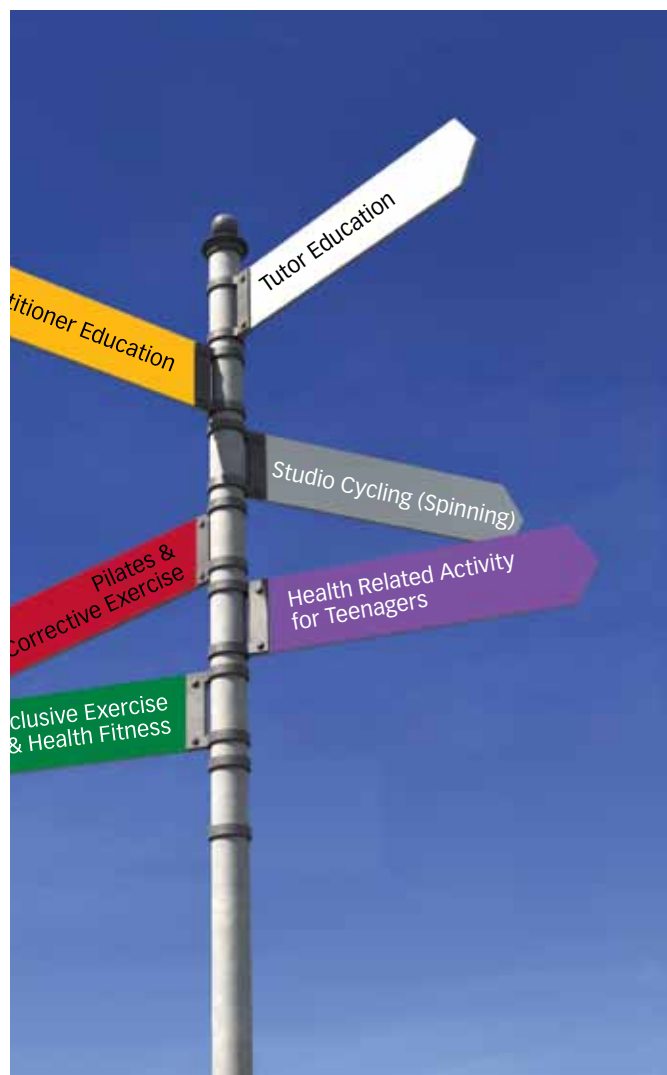
By providing a structure through which the qualification can be obtained on a stage by stage basis the principle of lifelong learning is strongly supported and enhanced.

Further opportunities to progress to NFQ Level 8 in Exercise & Health Fitness and/or related areas at third Level in Ireland are currently being researched and developed by the NCEF.

This event will provide you with an excellent opportunity to continue your professional education. We are all facing challenging economic times so it is important that you continue to develop new skills and competencies to be the best Exercise & Health Fitness Professional you can possibly be – the industry is in constant demand for innovative, creative and productive professionals. Invest in yourself and your clients. Register now, sample the sessions, network with fellow professionals and explore possible pathways to greater success.

We look forward to seeing you there!

Proposed Dual Strand Pathway to Diploma in Exercise & Health Fitness (DEHF) (180 ECTS Credits)





NCEF Autumn Workshops Programme Outline



University of Limerick

- 9.00am** Registration: PESS Building, University of Limerick (See map on www.ncefinfo.com)
- 9.30am** Keynote Address: Overview of the new Dual Strand Pathway. Presented by Maura O’Sullivan Ryan in the Lecture Theatre, PESS Building Lecture Theatre
- 10.30am** Session 1: Choice of 5 Workshops

Workshops	Presenter	Venue
Health Related Activity for Teenagers	Kate Turley & Anthony O’Donoghue	Indoor/Outdoors
Studio Cycling (Spinning)	Carmell De Mello	Aerobics Studio, Arena
Pilates & Corrective Exercise	Linda Bracken	Dance Studio, PESS Building
Bringing learning to your doorstep	Damien Jackson	Computer Lab, PESS Building
Inclusive Exercise & Health Fitness	Niamh Daffy & Mark Barry	Gym, PESS Building
11.30 Energy Break		
11.45am Session 2: Choice of 5 Workshops		(as above)
12.45pm Lunch		
1.45pm Session 3: Choice of 5 Workshops		(as above)
2.45pm Energy Break		
3.00pm Session 4: Choice of 5 Workshops		(as above)

APPLY NOW BY READING THE WORKSHOP DESCRIPTIONS AND COMPLETING THE REGISTRATION FORM ON PAGE 29 & 30

How to register?

1. Please complete the hard copy enclosed on page 29 & 30 or alternatively please complete the on-line registration form.
2. Read the workshop session descriptions and presenter profiles on page 27 & 28.
3. Select your morning & afternoon workshops.

Note: An e-mail confirming receipt of payment and your session selections will be sent to you.

Workshop - Descriptions

Keynote Address

Maura O'Sullivan Ryan

This address will set the scene for the days workshops by providing an overview of the new Dual Strand Pathway to the Diploma in Exercise & Health Fitness (DEHF). It will begin with a brief comparative summary of the existing and new pathways and proceed with a synopsis of each of the new modules and strands to be included with a proposed timescale for implementation. Possibilities for further progression beyond diploma level will also be explored. A short question and answer opportunity will complete the session. Then it's on to the workshops!!

Pilates & Corrective Exercise

Linda Bracken

This workshop will provide an introduction to the benefits of pilates & corrective exercise and its role for the exercise and health fitness professional. An insight to posture analysis and functional movement through practical application will be part of the content of this session. An introduction to methods of identifying and improving specific posture issues using Pilates exercises will be included. This will be achieved through the principles of core stability, breathing and alignment and will also include a sample of techniques for appropriate adaptation and progression of a selection of exercises in order to achieve the best result for each posture type.

The workshop will give the participant an opportunity to develop personal technique for a selection of mat based exercises and identify the instructional skills necessary for Pilates in one to one and group settings. The Pilates and Corrective Exercise workshop is designed to give a sample of the skills and knowledge required to be successful in this field.

Health Related Activity for Teenagers

Kate Turley & Anthony O'Donoghue

Teenagers between the ages of 13 and 17 years old tend to have a wide and varied idea about exercise choice, between football, Rugby, aerobics, hip hop. This workshop will be a taster of the kind of activities that exercise & health fitness professionals can use with teenagers regardless of exercise history or involvement in sport.

There will be a demonstration of an indoor circuit including games and also a bootcamp style workout with a strong focus on fun and team work.

It is hoped that with appropriate education & training, the exercise & health fitness professional will have the necessary skills to carry out safe, effective and fun physical activity sessions. This will hopefully encourage long term participation in physical activity and benefits for an active and healthy lifestyle.

Studio Cycling (Spinning)

Carmell Demello

This workshop will consist of an introduction to the teaching of Group Studio Cycling. It will focus on bike set up, studio cycling techniques including seat height and body positioning. The benefits of studio cycling

including health and safety considerations will also be addressed.

Participants will sample an all-terrain Studio Cycling workout experiencing workout intensities - power, strength and speed and effective motivational techniques. The workshop will aim to provide participants with an introduction to basic skills, knowledge and competency in the area of Studio Cycling.

NCEF E-Learning Bringing Learning to your doorstep

Damien Jackson

The aim of this workshop is to provide participants with an overview of e-learning and an opportunity to sample a section of NCEF e-learning material. The workshop will take place in the computer lab and each participant will be allocated their own PC. A quick overview of e-learning will then be presented to explain the advantages and disadvantages and how it all works. Then it's time to get interactive! You will be given a guided tour through the main features of the e learning package. From there you're on your own! You will have the opportunity to sample some content delivered through a range of presentation methods including text, audio, animation and video on your own PC and to take the content in your own order and pace. Following that you can take a quick self scoring assessment to see how you got on. The session will conclude with a brief Q&A session.

Inclusive Exercise & Health Fitness

Niamh Daffy & Mark Barry

This workshop is aimed at exercise & health fitness professionals who strive to make their sessions and programmes inclusive to all. Delivered through both practical and theoretical facilitation, the session will include components such as disability awareness, instructional needs, physiological impacts and fitness testing/screening. In addition the session will focus upon access to inclusive physical activity. Through group discussions, problem solving and case studies, this workshop will aim to create awareness among exercise and health fitness professionals toward including people with a wide range of disabilities into physical activity sessions.

Please go to the next page to read all about the presenters.



Presenter Profiles



Maura O'Sullivan Ryan

B.A (Phys. Ed), M. Ed., NCEFT
Managing Director NCEF

Maura is a graduate of Thomond College of Education and Springfield College, Mass., U.S.A. She taught Physical Education at both primary and second level for many years and has also taught part-time on both the Physical Education and Sport and Exercise Science degree programmes at the University of Limerick. Maura is also a UL Teaching Practice Tutor. During her years as a teacher she also worked part-time in the Health Fitness Industry, mainly in the areas of group exercise, both land based and water based, and in health related physical activity for children and for older adults.

Her current position as Managing Director of the NCEF includes strategic planning, academic affairs and research and development.



Linda Bracken

DEHF, NCEF T, PT, SMTh, HRA Children's Specialist,
STOTT Pilates Advanced Level Instructor

Linda started out in 1994 as an NCEF Instructor working in the fitness industry. She went on to further qualify in many programmes within the NCEF and she has been tutoring and coordinating NCEF programmes of study in Limerick since 1997. As a certified Sports Injuries Therapist, and Stott Pilates she has also actively tutored theory and practice for the treatment of sports injuries. Her specialist areas are in Applied Anatomy, Posture, Pilates Training and Core Stability. Linda has regularly presented at conventions and workshops in recent years.



Kate Turley

BA., HDip Ed., Med, NCEFT, ITEC Hoistic massage,
Primary Movement Level 2,

A secondary school teacher by profession Kate qualified as a NCEF instructor in 1991 and as an NCEF tutor in 1997. Since then she has been tutoring on the CEHF around Dublin and Kildare. She has also been involved with the NCEF Personal Training and NCEF Health Related Activity for Children. Kate has also worked on the NCEF Tutor Education Programme.



Anthony O'Donoghue

Anthony is a Certificate in Exercise & Health Fitness (CEHF) graduate and has also successfully completed the NCEF Personal Training (PT), Health Related Activity for Children (HRAC) and Team Sports Fitness (TSF) Stage 2 Specialist Modules. Anthony is currently enrolled on the NCEF Tutor Education Module which is the final stage of the Diploma in Exercise & Health

Fitness (DEHF). On successful completion he will be the first graduate to go through the full Diploma Pathway. He has also completed a number of Reebok courses such as spinning, flexible strength and body rep.

Anthony is in his 4th year as an apprentice Aircraft Technician in the Air Corps College in Dublin. He is currently teaching fitness classes with Bootcamp Ireland in many amenity parks in Dublin and is currently studying the ITEC Holistic Massage course through Motions Health and Fitness.



Carmell De Mello

Carmell is currently the Group Fitness Co-ordinator at the Sports Arena, University of Limerick and has been involved in many aspects of the Fitness Industry since 1993 having taught for some of UK's most prestigious health clubs in addition to having been part of the UK National Assessment for Body Training Systems. She is a published Fitness Writer, Personal Trainer and has presented Spinning at UK fitness conventions. She teaches many aspects of Group Fitness and has run many successful Bootcamps.



Damien Jackson

MA in Digital Media Development for Education, BA,
Nat. Dip., NCEFT

Director of Education, Training & Development, NCEF Damien has always had a keen interest in exercise, fitness and sport. A former physical training instructor with the Defence Forces, he competed at national and international level in Judo and was manager of the Irish Senior men's team from 1992 to 1994. Damien has also completed a number of triathlons. He completed the NCEF Tutor Training Programme in 1994 and a BA in Recreation and Leisure in WIT in 2000. Damien completed an MA in Digital Media Development for Education with the University of Limerick in 2006. He has been working on a full time basis with the NCEF since 2000.



Niamh Daffy, Coordinator

CARA Adapted Physical Activity Centre

Niamh is a graduate of the Institute of Technology Tralee, where she graduated with an honours degree in Health and Leisure. During her years in college Niamh completed two placement related to the area, one of these being the design and implementation of the first All Inclusive Summer recreation Programme for individuals with disabilities in Anchorage, Alaska.

After obtaining her degree Niamh went on to work as Sports Coordinator in Enable Ireland Adult Services Clare. Niamh also worked as manager of the Enable Ireland Adult Services Clare.

In November 2007 Niamh took up position as coordinator of the CARA Adapted Physical Activity Centre located at the Institute of Technology Tralee where she now coordinates the work of the 21 Sports Inclusion Disability Officers and the CARA National Adapted Physical Activity Resource Centre.



Mark Barry

Sports Development Officer for IWA-Sport.

A graduate of Waterford Institute of Technology studying Business Studies in Recreation Management he has represented Ireland in Athletics at the Barcelona '92 Paralympics and is currently playing competitive wheelchair basketball. Mark is also part of the Irish Squad travelling to Latvia in late July 2009 participating at the European Wheelchair Basketball Championships.

Mark joined IWA-Sport in April of 2003 and his role concerns the area of inclusion of children with a physical disability in the P.E. school environment. Additionally Mark is actively involved with the Disability Provision Category of the ILAM White Flag award and has completed a number of workshops down through the years with regards to inclusive physical activity.



Registration Form

National Council for Exercise & Fitness
Broaden Your Pathway to Success – NCEF Autumn Workshops
Sat 31st October 2009



Personal Details:

First Name:..... Surname:.....
Address.....
Telephone (H) (M)

**All correspondence will be sent via e-mail.....*

EARLY BIRD REGISTRATION FEES:

- Member of the National Register - Full Day €70.00
- *Student- Full Day €70.00
- Non Member of the National Register - Full Day €85.00

**Please write the name of your college and student ID number here:*
.....

NOTE: CLOSING DATE FOR EARLY BIRD REGISTRATIONS IS FRI 10th JULY 2009

REGULAR REGISTRATION FEES:

- Member of the National Register - Full Day €90.00
- *Student- Full Day €90.00
- Non Member of the National Register - Full Day €105.00

**Please write the name of your college and student ID number here: .*
.....

NOTE: CLOSING DATE FOR REGULAR REGISTRATIONS IS FRI 9th OCT 2009

Method of Payment (No cash accepted)

Cheque

P.O.

Credit Card

Credit Card Number.....

3 Digit Security Code.....

Valid From.....

Expiry Date.....

Cardholder's Name.....

Cardholder's Signature.....

Total amount enclosed:

Forward completed registration form to:
Maeve Kavanagh, NCEF PR Officer, NCEF
PESS Building, University of Limerick.

NCEF WORKSHOPS 31st October '09 RELEASE FORM

Please complete the following details:

Name:
Address:.....
.....
.....

The programme for the NCEF Autumn Workshops 2009 contains a mix of both practical and theoretical components, designed for exercise and fitness instructors and enthusiasts who are experienced and physically fit. Individuals with any physical restrictions, medical conditions, disability or predisposition to injury or sickness should not participate if their health or ability to exercise safely is at risk.

THIS DOCUMENT IS A RELEASE OF CLAIMS. BY SIGNING IT YOU AGREE YOU ARE AWARE OF AND ACKNOWLEDGE THE FOLLOWING:

1. You willingly participate in the event at your own risk and are free to withdraw from the programme or adapt your activity at anytime.
2. You have no physical restrictions, disabilities or any predispositions to sickness, medical conditions or injury that may

- be aggravated or adversely affected as a result of your participation.
3. You take full responsibility for any injury, loss or damage to your person/property that may arise directly or indirectly from your participation in the NCEF Autumn Workshops 2009. You will not seek to penalise, prosecute or claim compensation from the organisers, sponsors, presenters or participants of the event for any injury, loss or damage.

The NCEF may record any sections of the event and it is possible that you may be filmed or photographed during the course of the day.

BY SIGNING THIS RELEASE FORM YOU ACKNOWLEDGE THAT:

1. The NCEF may film or photograph you during the event.
2. The NCEF retain the right to use any such film or photographs for promotional use

I have carefully read, understand and am aware of all of the above. I understand that I will be permitted to participate in the event by agreeing to all of the above.

Signature

Date.....

PLEASE TURN OVER TO MAKE YOUR SESSION SELECTIONS

Workshop Schedules & Selection

1. Please ensure that you have thoroughly read the presenter profiles and workshop descriptions before completing this section.
2. You have the option of attending two workshops in the morning and two workshops in the afternoon.
3. Morning Workshop: Please make your choices from 1- 4 (1 being your first choice and 2 being your second choice and so on.). We will try to give you your first two choices wherever possible. However, due to demand for certain workshops you may have to go to your next available choice. Allocations will be made on a first come, first served basis on receipt of your registration form.
3. You will receive confirmation of your workshop choices via e-mail.
4. Your tickets for the workshops will be available for collection at the registration point on the day.

NOTE: REGISTRATIONS WILL NOT BE ACCEPTED UNLESS ACCOMPANIED BY A COMPLETE SESSION SELECTION FORM, RELEASE FORM AND FULL PAYMENT.

PLEASE PROVIDE AN E-MAIL ADDRESS ON THE OPPOSITE PAGE, IF YOU WISH TO RECEIVE CLARIFICATION OF YOUR SESSION SELECTIONS.

Morning Workshop – Session 1 (10.30am)

- | | | |
|--|----------------------------------|---|
| 1. Health Related Activity for Teenagers | Kate Turley & Anthony O'Donoghue | ■ |
| 2. Studio Cycling (Spinning) | Carmel De Mello | ■ |
| 3. Pilates & Corrective Exercise | Linda Bracken | ■ |
| 4. Bringing Learning to your doorstep | Damien Jackson | ■ |
| 5. Inclusive Exercise & Health Fitness | Niamh Daffy & Mark Barry | ■ |

Morning Workshop – Session 2 (11.45am)

- | | | |
|--|----------------------------------|---|
| 1. Health Related Activity for Teenagers | Kate Turley & Anthony O'Donoghue | ■ |
| 2. Studio Cycling (Spinning) | Carmel De Mello | ■ |
| 3. Pilates & Corrective Exercise | Linda Bracken | ■ |
| 4. Bringing Learning to your doorstep | Damien Jackson | ■ |
| 5. Inclusive Exercise & Health Fitness | Niamh Daffy & Mark Barry | ■ |

Afternoon Workshop – Session 1 (1.45pm)

- | | | |
|--|----------------------------------|---|
| 1. Health Related Activity for Teenagers | Kate Turley & Anthony O'Donoghue | ■ |
| 2. Studio Cycling (Spinning) | Carmel De Mello | ■ |
| 3. Pilates & Corrective Exercise | Linda Bracken | ■ |
| 4. Bringing Learning to your doorstep | Damien Jackson | ■ |
| 5. Inclusive Exercise & Health Fitness | Niamh Daffy & Mark Barry | ■ |

Afternoon Workshop – Session 2 (3.00pm)

- | | | |
|--|----------------------------------|---|
| 1. Health Related Activity for Teenagers | Kate Turley & Anthony O'Donoghue | ■ |
| 2. Studio Cycling (Spinning) | Carmel Demello | ■ |
| 3. Pilates & Corrective Exercise | Linda Bracken | ■ |
| 4. Bringing Learning to your doorstep | Damien Jackson | ■ |
| 5. Inclusive Exercise & Health Fitness | Niamh Daffy & Mark Barry | ■ |

NCEF WORKSHOP CANCELLATION POLICY:

All requests for refunds or transfers must be in writing and include reason for cancellation. All cancellation requests will be subject to the following administration fees. There will be a 10% administration charge on cancellations made up to 15 days before the Convention commences. There will be a 25% administration charge on cancellations made up to 7 days before the Convention commences. There will be no refund on cancellations with less than 7 days notice before the Convention commences.

PLEASE ENCLOSE A STAMPED ADDRESSED ENVELOPE IF YOU WISH TO RECEIVE RECEIPT OF PAYMENT.

TRAVEL & ACCOMMODATION

Travelling to the University of Limerick

From Limerick City

Take the Dublin Road out of the city and travel approx two miles to the Parkway roundabout. Go straight through at this roundabout. At the next roundabout, turn left and follow the signs for the University.

From Dublin/Nenagh

After the village of Annacotty, turn right at the first roundabout you meet as you approach Limerick (Sign for the National Technological Park). Follow the road for one mile through the Technological Park until you see the sign for the University entrance on your right.

From Cork/Kerry

Before Patrickswell, take the Limerick exit off the Croom Bypass. Follow the ring road and take the exit for Limerick City. Turn right at the T junction and follow the signs for Dublin and the University.

Taxis are available from the Train Station and City Centre to the University and cost on average €8/9.

Travelling by bus from the city centre

There is a regular bus service between the campus and the city centre. A bus ticket costs €1.20. At the bus stop near the Centra shop in William St. take the bus for the University or Plassey (usually a no.308 or no.302 bus). Daily Bus Eireann Timetable servicing UL to City Centre, Raheen and Caherdavin.

Travelling by train

Regular rail services connect Limerick with Dublin, Cork, Tralee, Killarney, and (via Dublin) with Belfast, Sligo and Westport.

Accommodation

We would be happy to give you a list of Hotel's & B&B's located near the University of Limerick. Please contact us at ncef@ul.ie.