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General Information

Our Mission:

“To be the leading private provider of training and education services in Ireland, renowned for innovation, creativity and service quality, operating efficiently and profitably and ensuring the highest level of satisfaction for all our customers. Our programs will provide students with opportunities to launch, enhance, or change careers in a diverse global society”.

Course Directors

Each course is appointed a course director who is there to guide and support you through the course. Directors are available at an allocated time on a weekly basis. Confidentiality & discretion are ensured and you are invited to avail of their professional experience & guidance.

Key Note Speakers

Each year Portobello Institute welcomes a variety of keynote speakers to the college. They will speak exclusively about their experiences in the industry. Each speaker has carved out a successful and fruitful career in their area of expertise and are well respected in their field. Your course director will give you further details of the keynote speakers for your course throughout the year.

Work Placement Programmes- Full Time Courses Only

Our aim is to help you gain successful employment in your chosen field. Portobello Institute's work experience programme provides you with an introduction to your chosen industry, which will then usually pave the way for employment opportunities within the industry of your choice. The placement programme will enhance your CV, giving you some experience and your first reference from within the industry.

Job Placements - Careers Advice

All students also receive training on interview techniques, CV preparation and personal presentation. Portobello Institute has built up an invaluable network of contacts both nationally and internationally. Businesses from all sectors recruit directly from Portobello Institute. We ensure that every student receives expert, on-going assistance and guidance in this critically important area.

Learner Support

Our dedicated learner support team is here to offer advice and guidance when a learner is experiencing academic, disciplinary or personal problems. At Portobello Institute we strive to ensure that each learner receives equal opportunity to excel in their educational experience. Any learners who require disability support, academic support or advice on personal development are invited to contact learner support. A class representative system is also put in place by learner support to ensure that each class is given a platform to voice their opinions and suggestions.

International Students

Studying in a foreign country is a life changing opportunity and offers interesting challenges. Over the years, we have welcomed many students from all backgrounds to study in our college and we are delighted to offer you any assistance and support you may need whilst you are studying at Portobello Institute.

International Students - Applications

Entry onto courses is by direct application with all relevant documentation. You will require the following documents to submit with your application form:

- Copy of your passport
- Current Student Visa
- Copy of GNIB card
- Copy of attendance letter from previous college if relevant

Students applying from outside of Ireland please see Department of Justice & Law Reform Student Visa Guideline (www.justice.ie)

Mature Students

In Portobello Institute we are committed to lifelong learning and we welcome mature students to the college. We feel their presence and life experience enhances the overall dynamic of the college and usually increases the high standard of work within any group.

Student Requirements

Students should be aware that in order to complete and pass a course successfully, it requires both time and dedication to study and complete course assignments on a weekly basis. The amount of time can only be approximated as each student's study rate varies. We have estimated that on average students will be required to spend from 3 to 10 hours studying and completing course work each week. The college reserves the right to request any student to vacate their place if they are causing unnecessary disruption due to their behaviour.

Terms of Enrolment

Course Fees are outlined on the Fee Schedule. Course fees must be paid in full on or before the commencement date of the course. Except where stated, all fees are non-refundable. No fee refund will be made to students who fail to attend classes or do not finish the course.

Course Books and Internet Access

A list of recommended text books will be given to students following enrolment. All books are available from Amazon.com.

Workshops

Each year, some students are keen to increase their qualification and knowledge range and we facilitate this by offering some optional or Workshop courses. They are not included in the course fee but are offered to students at a much-reduced rate. Further details of the Workshops are available from our course coordinators or on our website (www.Portobelloinstitute.ie).





College Life

Location/Accommodation

The college is situated within the heart of Dublin, close to the main shopping areas and less than fifteen minutes walk from the cosmopolitan area of Temple Bar. All Buses and the Luas run within ten minutes walk from the College and train and DART stations are near by. Due to the college's central location there is a full range of accommodation available to suit your requirements, tastes and budgets.

College Facilities

Portobello Institutes impressive building is made up of bright and spacious classrooms which helps promote a calm environment for learning. The college is fully equipped with a computer laboratory with full Internet connection, audiovisual equipment, overhead projectors and screens and various practical equipment necessary for each course.

Recreation

The college atmosphere is friendly, enjoyable and one of relaxed learning. The college has a student rec room where students can go to get a welcome break from classes and socialise with their peers.

Graduation

At the end of the course year the college hosts its annual Graduation Ceremony, at which students are presented with their Portobello Institute Certificate. Special awards are announced on the day for student achievements such as the Outstanding Achievement award and Student of the Year Awards. A photographer will be present on the day to take photos of you in your cap and gown. This is a wonderful conclusion for all your hard work throughout the year.

Car Parking

Parking is available from 6.15pm. As parking on Lr. Dominick Street is metered, you will have to pay the metre until 7pm. There is limited parking available at weekends and in the run-up to Christmas. The college does not provide car-parking in the small

yard at the rear of 40 Lr. Dominick Street. This is a private car park and clamping occurs to unauthorised vehicles.

Application Procedure

Application for entry is made directly to Portobello Institute for all courses. Completed application forms can be returned via fax (01 872 1989), posting it directly to the school with the appropriate booking fee or alternatively you can submit your application on-line via our website www.portbelloinstitute.ie. Fees are accepted by cheque, postal order, and all major credit cards. Places are allocated on a first come first served basis. Due to the practical nature of the majority of courses, limited places are available and early booking is advised. If an interview is required, you will be contacted and given a time and date for the interview. If the time and date do not suit you alternatives may be arranged.

Open Days

Each year we host several Open Days and Evenings to give prospective students the opportunity to meet our tutors face to face and ask them any questions they may have on our courses. Its a great opportunity to view our building and facilities and we'd be delighted to see you there. We also run Information sessions nationwide so keep checking our website for latest dates and times.

Scholarships

Each year we offer a number of scholarships across our departments. These are designed to provide full funding to suitable candidates. For further information please visit our website: www.portbelloinstitute.ie.

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Sports Therapy & Health Related Fitness

General Information

The increased public awareness in fitness and the need to exercise in order to lead a healthy well-balanced life has led to a massive boost in the numbers of people participating in sports. This interest in fitness has in turn led to an added demand for qualified sports therapist who have a complete understanding of sport and fitness from training regimes, to the effects of diet and nutrition, to the treatment and prevention of sports injuries and finally to understanding the psychology that will give an athlete the mental strength to win.

Career Opportunities:

Graduates from the programmes available at Portobello Institute can expect to work in the following areas: Therapists employed by rugby, soccer, GAA, track & field and swimming clubs, leisure and fitness centres, sports injuries clinics or as a private consultant therapist working with private clients on a freelance basis. Health clubs, team sport fitness and coaching, personal training, exercise for the older adult. Ability to work with client's one-to-one; work freelance within a health and fitness club.

Further Studies:

Many of our FETAC accredited courses enable students to apply for higher level courses in some of the countries leading educational institutions. As part of the Higher Education Links Scheme, successful graduates from this course can progress to a range of programs such as*:

- Sports Studies & Physical Education (Level 8), University College Cork
- Sports Development & Coaching (Level 7), Letterkenny IT
- Community Sports Leadership (Level 7), Dundalk IT
- Sports and Exercise (Level 7), Carlow IT

*All progression routes are subject to certain academic prerequisites set out by the relevant 3rd level institutions.

Tutor Profiles:

Tutors on all our courses are experienced and highly qualified professionals. Each has a minimum of 5 years experience before being considered eligible to tutor. Many of our tutors have run their own private client consultancy companies who can give you the benefit of their experience. All our tutors are certified by our rewarding bodies to ensure quality of the courses.

Key Note Speakers:

Each year Portobello Institute organises a variety of keynote speakers for the Sports Therapy and Health Related Fitness courses. Some of the speakers we have welcomed over the last year include:

- Stephen Smith, Senior Strength & Conditioning / Rehabilitation Coach, Leinster Rugby
- Martin Widdicombe, AIT
- Karl Henry, Karl Henry Personal Training
- Enda McNulty, Sports Psychologist

Accreditation

ITEC

ITEC is an International examination board offering a variety of qualifications worldwide. ITEC was founded in 1947, Jane Foulston took over as director in 1998 and ITEC has continued to develop ITEC Examination system which sets the highest standards of quality and education in beauty, complementary and sports sectors. ITEC has strong links with employers worldwide who understand the level of knowledge and skills achieved by an ITEC qualified therapist. ITEC qualifications are supported by industry and are easily transportable nationally and internationally around the world.

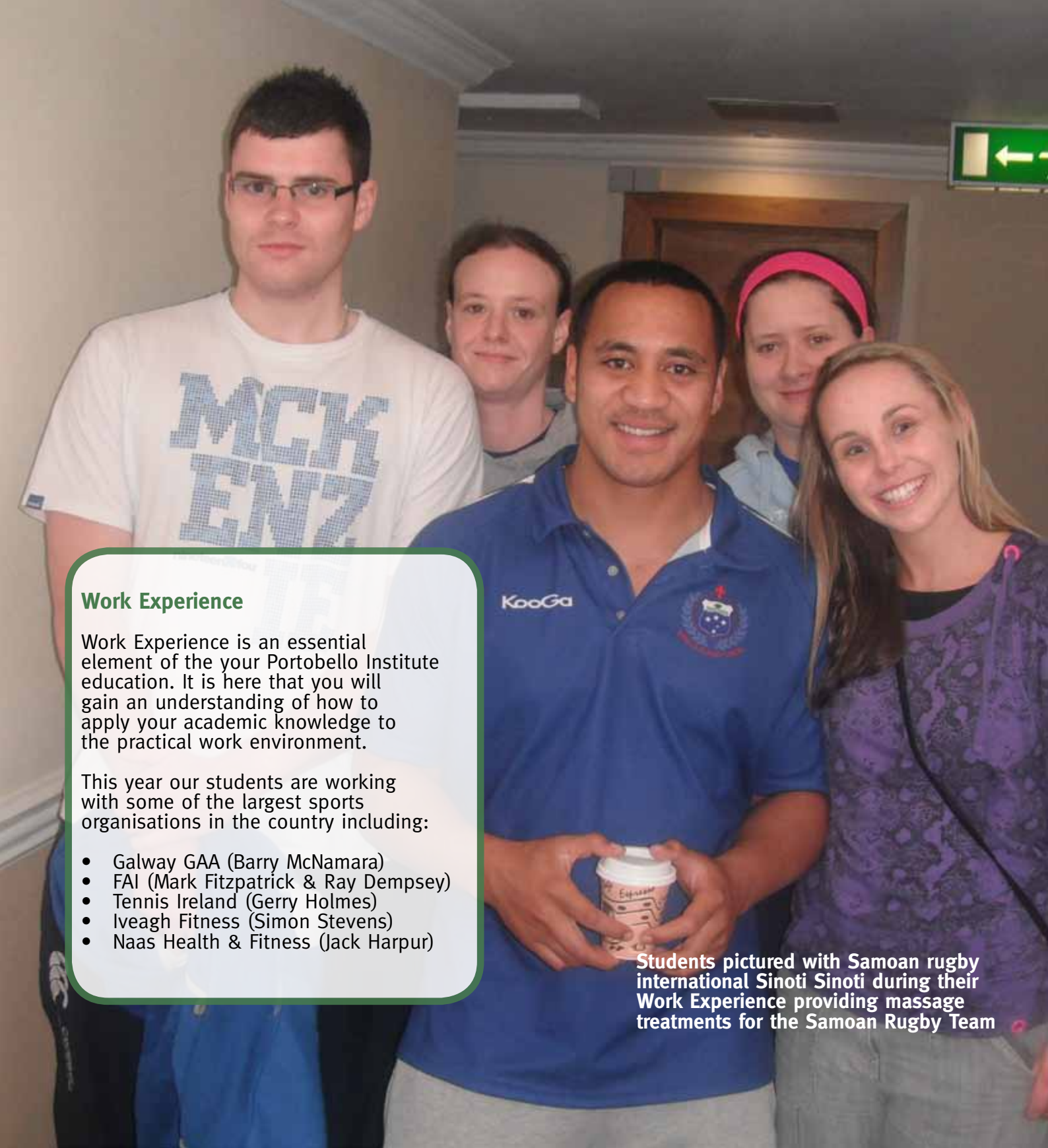


REPS

REPS Ireland is the Register of Exercise Professionals in Ireland.

In the absence of any legislation, regulations or Licencing, there are currently no restrictions on anyone offering training and claiming to be qualified to teach exercise or fitness classes or gives gym instruction / personal training. Following on from the REPS Registers established in the UK, Australia, New Zealand, REPS Ireland has been established by ILAM (who are the Employers and Industry Body for the sector in Ireland). REPS Ireland has agreed mutual recognition with REPS UK and agreements with other countries is expected to follow in the near future through EREPS, ICREPS and directly with other National registers.

The standards that are agreed by REPS Ireland are based upon the European Qualification Framework (EQF) which is a common European reference framework which links countries' qualifications systems together, acting as a translation device to make qualifications more readable.



Work Experience

Work Experience is an essential element of your Portobello Institute education. It is here that you will gain an understanding of how to apply your academic knowledge to the practical work environment.

This year our students are working with some of the largest sports organisations in the country including:

- Galway GAA (Barry McNamara)
- FAI (Mark Fitzpatrick & Ray Dempsey)
- Tennis Ireland (Gerry Holmes)
- Iveagh Fitness (Simon Stevens)
- Naas Health & Fitness (Jack Harpur)

Students pictured with Samoan rugby international Sinoti Sinoti during their Work Experience providing massage treatments for the Samoan Rugby Team



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Certificate in Sports Therapy

Full Time Course

- FETAC Level 5 Component Certificate in Kinesiology
- FETAC Level 5 Component Certificate in Physiotherapy Theory
- FETAC Level 5 Component Certificate in Physiotherapy Practice

Course Content

During this course you will cover the following modules:

1. First Aid
2. Anatomy, Physiology & Massage
3. Sports Massage
4. Sports Nutrition
5. Kinesiology
6. Physiotherapy Theory
7. Physiotherapy Practice

for more detailed information see www.portobelloinstitute.ie

What Next ?

Upon completion of this course, graduates can enjoy possible careers in;

- Sports injury clinics.
- Private health clinics.
- Professional sports clubs or teams who employ sports therapist or sports masseur.
- Amateur sports clubs and teams.
- Health and fitness clubs and gyms.
- Sports and leisure centres.

Graduates can also carve out successful careers as a private consultant therapist working with private clients on a freelance basis.

Sports Therapy focuses on three main areas: understanding and preventing sports injuries; dealing with the effects of physical and emotional trauma surrounding sports injuries; and the clinical process of returning athletes to peak fitness. Portobello Institute's newly revised and updated Sports Therapy course gives learners the opportunity to acquire the practical and technical knowledge necessary to deal with these three main areas of concern and pursue a career or further education in this area.

Entry Requirements

Entry to this course is by direct application to the college. For all full-time courses acceptance to the course is interview-based. There are no specific points requirements.

Assessment

Assessment for this course is based on a combination of practical and modular exams and assignments.

Awards

- Portobello Institute Certificate in Sports Therapy
- ITEC Diploma in Sports Massage (Level 3 & 4)
- FETAC Level 6 Component Certificate in Sports Nutrition

Stephen Galvin

Before coming to study Sports Therapy at Portobello Institute I was working for over 10 years in the Hospitality Industry. I've managed,



supervised and worked very stressful jobs in that time. Although I enjoyed my job in Hospitality I always had a keen interest in keeping fit and in team sports. I really felt a career in Sports Therapy was not only a career choice but a lifestyle choice. Also the chance to re-educate and get into a bustling industry was too much to pass up. Over the course we covered a broad range in order to prepare us for a career in Sports Therapy or future learning. The best thing about the course was the tutors as they created a great interactive learning environment, made it fun and were extremely helpful and accessible throughout the year. I find the rewards of working in Sports Therapy extremely satisfying. It's an industry that keeps evolving so you never stop learning and the fulfillment of working with a client from injury through to full recovery is worth the hours of study. After completing my course at Portobello Institute I progressed onto a degree course at Carlow IT studying Physiology & Health Sciences. This path would not have been available to me if the foundation had not been set in Portobello Institute and for that I thank my tutors.



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Certificate in Sports Management

Full Time Course

Assessment

Assessment for this course is based on a combination of practical and modular exams and assignments.

Awards

- Portobello Institute Certificate in Sports Management
- FETAC Level 5 Certificate in Business Studies BBSXX
- FETAC Level 5 Component Certificate in Exercise & Fitness
- FETAC Level 6 Component Certificate in Sports Psychology

Course Content

During this course you will cover the following modules:

1. First Aid
2. Communications
3. Work Experience
4. Marketing Practice
5. Business Law
6. Business Administration
7. Sports & Recreation
8. Customer Service
9. Personal Effectiveness in the Workplace
10. Exercise & Fitness
11. Sports Psychology

for more detailed information see www.portobelloinstitute.ie

What Next ?

As part of the Higher Education Links Scheme, successful graduates from this course can progress to a range of higher level programs such as*:

- Sports Management & Coaching (Level 8), Blanchardstown IT
- Community Sports Leadership (Level 7), Dundalk IT
- Recreation & Sports Management (Level 7), Waterford IT

*All progression routes are subject to certain academic prerequisites set out by the relevant 3rd level institutions.

Upon completion of Year 1 of this course, graduates can pursue possible careers as:

- Sports activity co-ordinators.
- Facility/event operations manager.
- Sports administrators.
- Marketing/promotions officers within national governing bodies of sport organisations and clubs.

The increasing professionalism of the sports industry has led to a greater demand for individuals equipped with the relevant knowledge and practical skills to effectively work in business, administration, development and management roles within this exciting industry. Portobello Institute's innovative new Sports Management programme combines the essential academic teachings of a business studies course with the practical knowledge of a sports therapy course giving learners the most well-rounded education possible in this discipline.

Entry Requirements

Entry to this course is by direct application to the college. For all full-time courses acceptance to the course is interview-based. There are no specific points requirements.



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Advanced Certificate in Sports Management

Full Time Course

The sport and fitness industries have undertaken incredible growth in the last two decades and have never played such an important role in people's day to day lives as they currently do. This growth has created an unprecedented amount of career opportunities for those with an interest in the areas of professional sport, health and fitness. The Portobello Institute Diploma in Sports Management provides added depth to the knowledge gained in Year 1 of this course. The multi-disciplinary Diploma features modules which equip learners with the added skills necessary to undertake a variety of roles within this most exciting of industries.

Entry Requirements

Students must have completed the Portobello Institute Certificate in Sports Management or equivalent FETAC Level 5 Major Award to gain entry. For all full-time courses acceptance to the course is interview-based. There are no specific points requirements.

Awards

- Portobello Institute Advanced Certificate in Sports Management
- FETAC Level 6 Advanced Certificate in Business Management BBMXX
- FETAC Level 6 Component Certificate in Sports Psychology

Assessment

Assessment for this course is based on a combination of practical examinations, modular assignments and examinations.

Course Content

During this course you will cover the following modules:

1. Business Management
2. Spreadsheets
3. Communications
4. Work Placement
5. Financial Statements
6. Marketing Management
7. Managing People
8. Customer Service
9. Sports Psychology

for more detailed information see www.portobelloinstitute.ie

What Next ?

As part of the Higher Education Links Scheme, successful graduates from this course can progress to a range of higher level programs such as*:

- Sports Management & Coaching (Level 8), Blanchardstown IT
- Community Sports Leadership (Level 7), Dundalk IT
- Recreation and Sports Management (Level 7), Waterford IT

*All progression routes are subject to certain academic prerequisites set out by the relevant 3rd level institutions.

Upon completion of Year 2 graduates from this course can pursue possible careers in:

- Management of commercial leisure enterprises.
- Management of public leisure and sporting enterprises.
- Management in national governing bodies.



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Certificate in Sports Coaching

Full Time Course

The role of the sports coach is to teach the skills and techniques of their chosen sporting discipline while developing the ability, confidence and performance of their team members. This one year course was developed to meet the growing need for highly skilled sports coaches throughout Ireland. It is the ideal starting point for any sports enthusiast to pursue a career in professional coaching as it equips them with the knowledge and practical skills to bring out the best in any athlete.

Entry Requirements

Entry to this course is by direct application to the college. For all full-time courses acceptance to the course is interview-based. There are no specific points requirements.

Assessment

Assessment for this course is based on a combination of practical examinations, modular assignments and examinations.

Awards

- Portobello Institute Certificate in Sports Coaching
- FETAC Level 5 Certificate in Sports & Recreation
- Choice of FETAC Level 5 Component Certificate in:
 - Soccer (FAI recognised)
 - Gaelic Football & Hurling (GAA recognised)
 - Athletics Training (AAI recognised)

Course Content

During this course you will cover the following modules:

1. First Aid
2. Sports & Recreation
3. Communications
4. Work Experience
5. Exercise & Fitness
6. Health Related Fitness
7. Anatomy & Physiology
8. Sports Psychology
9. Kinesiology

Elective Module (one from):

- Soccer Training
- Gaelic Football & Hurling Training
- Athletics Training

for more detailed information see www.portobelloinstitute.ie

Guest Lecture - Stephen Smith

Stephen Smith, the Senior Strength & Conditioning / Rehabilitation Coach for the Leinster Rugby squad knows a thing or two about ensuring players are at their peak condition and he will pass on some of this knowledge during his guest lecture at Portobello Institute.

Stephen was educated in Institute of Technology Carlow where he obtained a Diploma in Human Physiology and Health Science and a Degree in Sport and Exercise Rehabilitation.

Since then he has been involved in Strength & Conditioning and Injury Rehabilitation with the Leinster Junior and Senior Rugby teams, Inter County and Club GAA panels.

Stephen will chat to the students about working with top athletes and sports injury and rehabilitation.

What Next ?

As part of the Higher Education Links Scheme, successful graduates from this course can progress to a range of higher level programs such as*:

- Sports Studies & Physical Education (Level 8), University College Cork
- Sports Development & Coaching (Level 7), Letterkenny IT
- Community Sports Leadership (Level 7), Dundalk IT
- Sports and Exercise (Level 7), Carlow IT

*All progression routes are subject to certain academic prerequisites set out by the relevant 3rd level institutions.

Upon completion of Year 1 of this course, graduates will have developed a range of skills to prepare them for a career in the following areas:

- Fitness or sports related fields
- Professional coaching/instruction
- Personal trainer
- Sports Merchandising/retailing
- Coordinator of sporting activities
- Sports development offices



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Advanced Certificate in Sports Development

Full Time Course

The last decade has seen a surge in the development of local sports centres and clubs nationwide. This has given rise to a demand for Sports Development Officers to increase awareness, create strong industry and community links, and promote the best interests of these centres.

Offered as an additional year to the Sports Coaching Certificate the two courses perfectly complement each other from both a practical and academic perspective. Learners will cover a variety of topics from Sports Psychology to Business Management all of which will ensure graduates gain a level of knowledge and practical expertise to equip them for any role within a sporting organisation.

Awards

- Portobello Institute Advanced Certificate in Sports Development
- FETAC Level 6 Advanced Certificate in Sports Development DSDCX

Entry Requirements

Students must have completed the Portobello Institute Sports Coaching Certificate or equivalent FETAC Level 5 Major Award to gain entry. For all full-time courses acceptance to the course is interview-based. There are no specific points requirements.

Course Content

During this course you will cover the following modules:

1. Sports Coaching
2. Sports Community Development
3. Business Management
4. Communications
5. Sports Psychology
6. Sports Nutrition
7. Health Promotion

for more detailed information see www.portobeloinstitute.ie

Assessment

Assessment for this course is based on a combination of practical examinations, modular assignments and examinations.

What Next ?

As part of the Higher Education Links Scheme, successful graduates from this course can progress to a range of higher level programs such as*:

- Community Sports Leadership (Level 7), Dundalk IT
- Recreation and Sports Management (Level 7), Waterford IT
- Sports and Exercise (Level 7), Carlow IT

*All progression routes are subject to certain academic prerequisites set out by the relevant 3rd level institutions.

Upon completion of Year 2 (Advanced Sports Development) graduates will be able to seek work as:

- Regional Sports Development Officers
- Community Development Managers in Sport / Community centres
- Community Development Managers in Sport / Community centres, health boards, schools, sports governing bodies and regeneration initiatives.



S Certificate in Sports and Recreation

Full Time Course

This one year comprehensive course is designed to prepare students for a career in the leisure industry or to provide a pathway to further study. The course aims to encourage students to engage in a broad area of study in both academic and practical areas. Successful candidates of this course can enjoy a range of careers in the Health and Fitness Industry.

Entry Requirements

Entry to this course is by direct application to the college. For all full-time courses acceptance to the course is interview-based. There are no specific points requirements.

Awards

- Portobello Institute Certificate in Sports & Recreation
- FETAC Level 5 Certificate in Sports & Recreation DSRXX

Assessment

Assessment for this course is based on a combination of practical examinations, modular assignments and examinations.

Course Content

During this course you will cover the following modules:

1. First Aid
2. Sports & Recreation
3. Communications
4. Work Experience
5. Exercise & Fitness
6. Health Related Fitness
7. Anatomy & Physiology
8. Leisure Facilities Administration
9. Leisure Facilities Operations

for more detailed information see www.portobelloinstitute.ie

What Next ?

As part of the Higher Education Links Scheme, successful graduates from this course can progress to a range of higher level programs such as*:

- Sports Development & Coaching (Level 7), Letterkenny IT
- Sports Studies & Physical Education (Level 8), University College Cork
- Community Sports Leadership (Level 7), Dundalk IT
- Recreation and Sports Management (Level 7), Waterford IT

*All progression routes are subject to certain academic prerequisites set out by the relevant 3rd level institutions.

Tutor Profile - Maeve Barry

Maeve is in the unique position of understanding the role of both Mental and Physical training in the pursuit of performance excellence and injury rehabilitation. With a comprehensive and well rounded academic background in the area of sporting performance, Maeve is qualified with an honours degree in Human Physiology and Sports Rehabilitation, a Post Graduate Diploma in Exercise Physiology and a Masters Degree in Sport and Exercise Psychology. Maeve has been tutoring in Portobello Institute for the past four years on part-time and full-time sports courses. Maeve has a deep rooted love for sport and is committed to the quest of the pursuit of success in all individuals in all areas of their lives.

Upon completion of this course, graduates will have developed a range of skills to prepare them for a career in fitness or sports related fields.

The course is practically orientated and graduates will be introduced to a broad range of sports and fitness modules which may enable them to further specialise in their area of expertise. Job opportunities are found in roles such as:

- Personal trainer
- Coordinator of sporting activities and sports development offices
- Leisure facilities support/management



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Certificate in Sports Science

Full Time Course

Sports Scientists study, research and advise on the scientific aspects of sport and exercise and on human performance, endurance and capability. The increased public interest in health and fitness has led to a growing demand for the people with the technical and practical skills necessary to give specialised advice and training to those looking to continually improve their performance. Portobello Institute's new Sports Science course does just this, covering a wide variety of topics from Health Related Fitness to Sports Psychology and Kinesiology equipping learners with the ability to pursue a career or further study in this area.

Entry Requirements

Entry to this course is by direct application to the college. For all full-time courses acceptance to the course is interview-based. There are no specific points requirements.

Awards

- Portobello Institute Certificate in Sports Science
- FETAC Level 5 Certificate in Sports & Recreation DSRXX

What Next ?

As part of the Higher Education Links Scheme, successful graduates from this course can progress to a range of higher level programs such as*:

- Sports Development & Coaching (Level 7), Letterkenny IT
- Sports Studies & Physical Education (Level 8), University College Cork
- Community Sports Leadership (Level 7), Dundalk IT
- Recreation and Sports Management (Level 7), Waterford IT
- Sports and Exercise (Level 7), Carlow IT

*All progression routes are subject to certain academic prerequisites set out by the relevant 3rd level institutions.

Upon completion of this course, graduates will have developed a range of skills to prepare them for a career in areas such as: sport, exercise, leisure, health and education. Employers include: National sports associations, national governing bodies, private leisure companies, leisure services, local authorities and educational and research establishments.

Course Content

During this course you will cover the following modules:

1. First Aid
2. Sports & Recreation
3. Communications
4. Work Experience
5. Exercise & Fitness
6. Health Related Fitness
7. Anatomy & Physiology
8. Sports Psychology
9. Kinesiology
10. Biomechanics

for more detailed information see www.portobelloinstitute.ie

Assessment

Assessment for this course is based on a combination of practical examinations, modular assignments and examinations.



S Certificate in Gym Instruction & Personal Training

Full Time Course

Gym Instructors assume many different roles in a fitness centre, that of motivator, supervisor, and trainer. This course provides learners with all the necessary skills to fill these roles for their clients. Through a combination of theory and practical learning Portobello Institute's Diploma in Personal Training & Gym Instruction enables learners to provide clients with an appropriate gym workout for their needs to improve overall fitness including strength, flexibility and cardio-respiratory functions.

Entry Requirements

Entry to this course is by direct application to the college. For all full-time courses acceptance to the course is interview-based. There are no specific points requirements.

Awards

- Portobello Institute Diploma in Personal Training & Gym Instruction
- ITEC Diploma in Gym Instruction
- ITEC Diploma in Personal Trainer
- ITEC Diploma in Pilates Trainer

Course Content

During this course you will cover the following modules:

1: First Aid

This module teaches learners basic first aid skills, essential for employment in all areas of sports therapy.

2: Gym Instruction

The learner will study the theory of gym instruction and exercise as well as the anatomy of the body, in particular the muscular system. Contraindications and understanding of diseases and disorders are also a vital part of this module as well as the underpinning knowledge and skills required to successfully perform as a Gym Instructor.

3: Personal Training

The main aim of this module is to enable learners to provide clients with personalised training programmes/sessions for their need to improve overall fitness including strength, flexibility, cardio-respiratory function and sports specific as well as detailed lifestyle advice to maintain all aspects of their health including nutrition, fitness and wellbeing.

Tutor Profile - Rachel Maguire

Rachel is a Sports graduate with an Honours Degree in Human Physiology and Sport Rehabilitation from IT Carlow. Soon after graduating she was fortunate to gain employment at Whites Hotel Whole Body Cryotherapy and High Performance in Wexford. Time spent here gave Rachel invaluable experience in treatment, rehabilitation and training of many top athletes and sports teams both nationally and internationally. Armed with such knowledge she soon advanced to Sports tutoring at Portobello Institute leading in areas of Sports Massage, Anatomy Physiology and Health and Fitness. Setting a status within the Sports programme the college are delighted to have Rachel on board as Sports Director for Portobello Institute. Rachel continues to lecture in addition to her role as Course Director.

4: Pilates Training

This module equips learners with the knowledge and practical ability to provide clients/classes with a Pilates programme for their needs to improve overall fitness and flexibility as well as advice on healthy eating to help maintain their health, fitness and wellbeing.

Assessment

Assessment for this course is based on a combination of practical examinations, modular assignments and examinations.

Career Opportunities

Upon completion of this course, graduates can pursue possible careers as:

- Sports activity co-ordinators.
- Facility/event operations manager.
- Sports administrators.
- Marketing/promotions officers within national governing bodies of sport organisations and clubs.



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Fitness Instructor

Part Time Course

On completing this course students will be equipped with the skills and knowledge to instruct people in the use of commercial gym equipment. Students will gain understanding in the areas of cardiovascular, resistance and flexibility training for all individuals including young people aged 14-16 years, over 50's, ante-natal and post natal women and individuals suffering certain musculoskeletal disorders such as osteoarthritis.

Students can also progress into a level 3 Personal Training and Pilates instructing programme.

Entry Requirements

Entry to this course is by direct application to the college. There are no specific points requirements.

Assessment Criteria:

Modular multiple choice question papers & practical exams, completion of case studies.

Award:

- ITEC Diploma in Fitness Instructing

Students will also qualify to become an accredited member of REPS the Register of Exercise Professionals in Ireland.

*Awards subject to change please see website for further details.

Course Structure:

This is a part time course can be delivered 1 evening a week or over a number of weekends. See schedule for more details.

Course Content:

During this course you will cover the following modules:

1. Applied anatomy and physiology
2. Core fitness knowledge.
3. Health, safety and welfare in a fitness environment.
4. Psychological support of client taking part in physical activity.
5. Planning gym based exercise
6. Instructing gym based exercise

for more detailed information see www.portobelloinstitute.ie



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Anatomy, Physiology and Massage

Part Time Course

Massage has been used for thousands of years as a simple and effective method of attaining & maintaining good health. Massage has been incorporated into many health systems and is the basis and foundation skills of any therapist. This course will give you all of the classical massage movements whilst also giving you the underpinning knowledge of Anatomy & Physiology.

During this course you will learn about the concept & history of massage. You will learn about the physiological & psychological effects of massage whilst learning how to select the correct medium and treatment plan for a client. You will learn to master through guidance & practice the 10 classical massage movements that include effleurage, petrissage, kneading & frictions, hacking, cupping, beating, pounding, tapotement & vibrations.

The Anatomy & Physiology section of this course gives you the underpinning knowledge for all further learning in the various therapies and includes the four major & four minor systems of the body. This is an abbreviation & the full curriculum can be viewed on www.itecworld.co.uk

Entry Requirements

Entry to this course is by direct application to the college. There are no specific points requirements.

Award:

- ITEC Diploma in Holistic Massage

Assessment Criteria:

Modular multiple choice question papers & practical exams, completion of case studies.

Course Structure:

This is a part time course delivered one day a week over 30 weeks.

Course Content:

During this course you will cover the following modules:

1. The concept and history of massage
2. Physiological and psychological effects of massage
3. Correct medium and treatment plan for client
4. 10 Classical Massage Movements
5. Anatomy & Physiology

for more detailed information see www.portobelloinstitute.ie

Caroline McHugh

I completed the Anatomy, Physiology and Massage and the Sports Massage course in 2005. I found the courses to be brilliant, very challenging but very rewarding and worthwhile. The courses complimented each other very well and though I found it tough studying both together the outcome was well worth it since I gained so much information and knowledge as well and qualifying both as a holistic massage and sports massage therapist. Currently, I work as a sports therapist in a sports rehab clinic which is attached to a leisure facility, treating clients for a variety of sports injuries as well as providing holistic massage treatments. I also work with a rugby club undertaking strapping and taping techniques and a variety of physio duties. The Tutors at Portobello were very good, helpful and interactive and assisted in providing some opportunities to work outside the college so as to be able to apply the skills learned. These qualifications have provided me with the skills I need to work actively and professionally in the fields of sports rehab and holistic massage and I find the work to be very rewarding and satisfying.“



S

Sports Massage

Part Time Course

The increased public awareness in fitness & the need to exercise in order to lead a healthy well-balanced life has led to a massive boost in the numbers of people participating in sports. This interest in fitness has in turn led to an added demand for qualified sports therapist who have a complete understanding of the treatment & prevention of sports injuries. Massage applied skilfully is the most effective way of releasing muscular tension & preventing injury to the muscular-skeletal system. Sports massage has many common aims and a thorough knowledge of the classical massage movements and anatomy & physiology are essential. It is for this reason ITEC have a pre-requisite of a Diploma

in Holistic Massage which you can study concurrently with this module. In Portobello Institute, we also include the important techniques of bandaging & strapping that are not on the ITEC syllabus but are essential for any professional sports therapist. This course in conjunction with the Anatomy, Physiology and Body Massage course will give you the knowledge & skills to treat & prevent a variety of sports injuries.

Pre-Requisite:

ITEC Diploma in Anatomy & Physiology & Body Massage, or equivalent – can be studied at the same time as sports massage.

Award:

- ITEC Diploma in Sports Massage

Assesment Criteria:


Modular multiple choice question papers & practical exams, completion of case studies.

Content:

During this course you will cover the following modules:

1. The muscular system and exercise
2. The structure of joints
3. Stress management
4. Contraindications
5. Principles of training
6. Injury prevention
7. Sports massage techniques
8. Signs and symptoms of inflammation

for more detailed information see www.portobelloinstitute.ie



Tara de Courcey
I always had an interest in Sports but the longer I had been working in Finance the more settled I became. It would be a huge gamble to leave a secure job role and monthly salary to take up studies in a new area. When I was offered redundancy I immediately thought about returning to education and Sports was my first choice. I took the 2 part-time courses at Portobello Institute - Diploma in Sports Injury and Sports Massage, to see if I liked the area of Sports and to get a feel of different opportunities. These two courses provided me with the ideal stepping stone into Sports and I am now studying for a degree at Carlow IT. I probably would never have returned to education but being made redundant changed my outlook and I decided to go for it and make a career change.



S

Nutritional Advisor

Part Time Course

In other countries, foods eaten are very different than our own, yet the majority of people grow well and stay healthy. With worldwide concern about the increase in obesity & the effects this will have on the population, there has never been more interest in understanding diet & nutrition & the effect this has on our general wellbeing. If you are interested in understanding the effects of diet & nutrition and the ways in which the adequacy of the components of any diet can be assessed, then this course is particularly suited to you.

Portobello Institute's Diet & Nutrition course will teach you how to recognise a diet that consists of foods that are balanced in their growth, maintenance and repair of the living body without harmful excesses. You will gain a thorough understanding of the digestion system & the factors that

interfere with digestion & dietary health and this will give you the knowledge to appreciate a healthy & well-balanced diet.

This course is essentially designed if you just wish to gain a more in-depth study of diet & nutrition or if you wish to compliment a qualification in complimentary or sports therapy or for those working in the food industry.

Entry Requirements

Entry to this course is by direct application to the college. There are no specific points requirements.

Award:

- Portobello Institute Diploma in Nutritional Advisor
- ITEC Diploma in Diet & Nutrition

Note: If you hold or are studying concurrently an ITEC or equivalent Diploma course in Complementary Therapies then you are eligible to take the examinations for the ITEC Diploma in Diet & Nutrition for Complementary Therapists. Many of these complimentary therapy courses are available through Portobello Institute.

Alan Bennett

I am qualified through ILAM, ITEC, ACE, NCEF, Reebok ,Johnny G Spinning and have a HND in Leisure Management. In 2006 I did the ITEC Diploma in Diet and Nutritional studies and found it to be a very interesting and beneficial course. The course notes were easy to follow and were applicable to all sections of the industry and covered illness and allergies. In this day and age where people are more aware of the benefits of eating a healthy and balance diet it is crucial as a health and fitness professional that you can give accurate and helpful advice. I found that this course broadened my knowledge and enabled me to be more confident in the information I give my clients. Diet plays a key role in all aspects of health and fitness so no matter whether you are a massage therapist, beauty therapist, gym instructor or personal trainer, a better knowledge of diet and nutrition will enhance your existing talents. Diet is only one piece of the health and fitness puzzle but it is one of the largest.

Assessment Criteria:

Theory exam & completion of case studies.

Curriculum:

During this course you will cover the following modules:

1. The Digestive system
2. Definitions of foods and nutrients
3. Cholesterol
4. Differences between refined & unrefined foods



S

Sports Nutrition

Part Time Course

Sports nutrition has many goals to enhance performance.

1. It improves performance by improving body composition, increasing speed, mobility, and strength.
2. It increases speed of recovery, in turn creating more capacity for practicing and competition as the body is becoming more fit and adjusted to the coupling of the good nutrition incorporated into the workout regime.
3. It allows one to increase energy for both practice and competition, helping one's performance.

Strategic diet will also increase immunity, allowing one to stay healthy and be able to continue and intensify practice and training. Most importantly, it will improve your overall health. It is important for an athlete to maintain weight by increasing muscle and decreasing fat. Weight gain places strain on cardiovascular and respiratory systems which slows an athlete down and creates more stress on the body. While weight loss means that a person is not getting enough nutrients to sustain the body causing poor recovery and extreme fatigue. An athlete does this by eating foods high in protein, complex carbohydrates and other micronutrients. Most of all athletes should eat foods that have the most nutritional

benefit for the amount of calories in it. This course is designed to provide the learner with a sound knowledge of the concepts of nutrition, in relation to the energy sources and amounts required for active living, exercise, sport and weight management.

Entry Requirements

Entry to this course is by direct application to the college. There are no specific points requirements.

Award:

- FETAC Level 6 Component Certificate in Sports Nutrition

Content:

1. Energy Sources for Sport and Exercise
2. Nutrition and fluid intake
3. Weight Management for Sport & Exercise
4. Micro Nutrients, Supplements, Ergogenic Aids

Assessment Criteria:

Assessment for this course is based on a combination of modular assignments and examinations.



S

Sports Psychology

Part Time Course

- youth sport
- performance enhancement and self-regulation techniques.

While popular perceptions often presume that sports psychology is only concerned with professional athletics, this specialty area includes a broad range of scientific, clinical and applied topics involving sports and exercise.

This module is designed to equip learners with the skills and knowledge to change behaviour in a sporting context. It will enable participants to develop an understanding of the psychological principles that underpin coaching techniques. It is aimed at individuals who are working with teams or athletes and participants who choose to work in the leisure industry.

Entry Requirements

Entry to this course is by direct application to the college. There are no specific points requirements.

Award:

- FETAC Level 6 Component Certificate in Sports Nutrition

There are two key areas of interest in sports psychology: understanding how psychology can be applied to improve motivation and performance and understanding how sports and athletics can improve mental health and overall well-being.

These two areas encompass a range of topics including:

- motivation to persist and achieve
- psychological considerations in sport injury and rehabilitation
- counseling techniques with athletes
- assessing talent
- exercise adherence and well-being
- self-perceptions related to achieving
- expertise in sport

Guest Lecturer - Enda McNulty

This year we are delighted to welcome Enda McNulty as a guest lecturer at Portobello Institute. Enda is head of Motiv8 and recognised as Ireland's leading expert in leadership, motivation and performance coaching. He has played Gaelic games at the highest level for twelve years, culminating in winning seven Ulster Medals, an All Ireland Medal and a National League medal. Enda was voted an All Star in 2002 after Armagh won the All Ireland for the first time. Enda holds a degree in Psychology and a postgraduate degree in Sports Science,

Content:

1. The Development of Sports Psychology
2. Sports Psychology and Performance
3. Arousal, Stress and Anxiety
4. Concept of Motivation in Sport
5. Goal Setting
6. Leadership and Coaching

Assessment Criteria:

Assessment for this course is based on a combination of modular assignments and examinations.