



Special Purpose Awards in Sport





Institute of Technology
Blanchardstown
Institiúid Teicneolaíochta
Baile Bhlainséir

Overview

The Department of Business at the Institute of Technology Blanchardstown (ITB) has worked closely with the National Athlete Development Academy (NADA) and the Gaelic Athletic Association (GAA), in particular the Dublin County Board of the GAA, to develop two Special Purpose Awards in sport:

- Certificate in Athlete / Player Development for Youth Coaches
- Certificate in Conditioning for Gaelic Games

These 15 ECTS credit Special Purpose Awards are at Level 6 on the National Framework of Qualifications.

Certificate in Athlete / Player Development for Youth Coaches

Award Title	Certificate in Athlete / Player Development for Youth Coaches
Award Type	Special Purpose
NFQ Level	Level 6
ECTS Credits	15
Programme Code	BN760

The main driver for this programme was a request by the Dublin County Board of the GAA for a recognised coach development programme for games development officers and club coaches in the Dublin area. NADA are leaders in the area of long term athlete and player development in Ireland and have worked with ITB in developing this innovative course. The programme addresses firstly an identified deficit in the provision of Long Term Athlete Development (LTAD) both locally and nationally, and secondly a dearth in opportunities for continuous professional development in the area of sports coaching and development in general. Currently there are no other programmes in the area of LTAD in Ireland.

The course is directed initially towards underage coaches, mentors, sports/games development officers and physical education teachers who have prior experiential knowledge in athlete and player development coaching. The programme will present an opportunity for participants to develop a theoretical, practical, and academic foundation in the area of athlete/player development.

Course Aims

This course aims to develop the learner's skills and expertise in areas such as:

- Athlete/Player Development (AD/PD) Theory and Concepts
- Coaching Styles for AD/PD with Young Athletes
- Roles and Responsibilities of the Youth Coach
- Sport Science Concepts for Youth Coaches
- Assessment/Correction of Functional Movement Skills
- Practical Application of AD/PD with Young Athletes

Course Structure

Semester 1	Fundamentals of Athlete/Player Development
Semester 2	Athlete/Player Development: Placement Project

Academic Entry Requirements

The minimum entry requirements for standard applicants are a pass in five subjects (ordinary level) in the Leaving Certificate to include Mathematics and either English or Irish, or an equivalent qualification. Mature applicants may be admitted without meeting these formal entry requirements.



Certificate in Conditioning for Gaelic Games

Award Title	Certificate in Conditioning for Gaelic Games
Award Type	Special Purpose
NFQ Level	Level 6
ECTS Credits	15
Programme Code	BN730

The course is directed initially towards mentors interested in improving their ability to develop appropriate conditioning programs for adult teams. It will focus on the theoretical and practical aspects of conditioning for Gaelic Games and presumes no prior knowledge of science or physiology. Applicants must be a current member of a GAA Club and have an interest in working with adult teams.

Course Aims

This course aims to develop the learner's skills and expertise in areas such as:

- The Physical Demands of Gaelic Games
- Conditioning for Gaelic Games
- Functional Performance in Field Sports
- Training Principles and Planning
- Power and Strength Training
- Speed Development
- Nutrition
- Athlete Profiling/Fitness Testing

Course Structure

Semester 1	Conditioning for Gaelic Games
Semester 2	Sport Placement Project

Academic Entry Requirements

The minimum entry requirements for standard applicants are a pass in five subjects (ordinary level) in the Leaving Certificate to include Mathematics and either English or Irish, or an equivalent qualification. Mature applicants may be admitted without meeting these formal entry requirements.





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