



APPROVED

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| Awards | |
| Honours Bachelor Degree | |
| Mode of Delivery: | Full Time |
| No. of Stages : | 4 |
| NFQ Level: | 8 |
| Programme Credits: | 240 |
| Language of Instruction: | English |
| Department: | Science and Health |
| Programme Extra Information: | Final Award Weighting: Year 3 contributes 30%, Year 4 contributes 70%. |

Stage Schedules

Stage 1

| Mandatory | |
|-------------|--|
| Module Code | Module Title |
| ZSCI H1102 | Anatomy 1 |
| ZPHI H1101 | Physiology |
| ZPHI H1102 | Exercise & Fitness Instruction 1 |
| ZPHI H1103 | Physical Sciences |
| ZBIO H1102 | Cell Biology |
| ZPHI H1104 | Exercise Physiology 1 |
| ZRCH H1101 | Research Methods 1 |

Stage 2

| Mandatory | |
|-------------|--|
| Module Code | Module Title |
| ZPHI H2101 | Exercise & Fitness Instruction 2 (Speed & Plyometrics) |
| ZPHI H2108 | Strength & Conditioning (Resistance & Olympic Lifts) |
| ZPHI H2103 | Exercise Physiology 2 |
| ZRCH H2101 | Research Methods 2 |
| ZPHI H2105 | Pathophysiology |
| ZSCI H2103 | Anatomy 2 |
| ZPHI H2106 | Motor Control / Biomechanics |
| ZCHE H2104 | Nutritional Biochemistry, Pharmacology and Dietetics |

Stage 3

| Mandatory | |
|-------------|--|
| Module Code | Module Title |
| ZPHI H3103 | Sport & Exercise Biomechanics |
| PHIO H3158 | Strength and Conditioning for Older Adults |
| ZPHI H3101 | Sports Nutrition |
| PHIO H3159 | Paediatric Strength & Conditioning |
| ZWKP H3101 | Work Placement |

Stage 4

| Mandatory | |
|-------------|---|
| Module Code | Module Title |
| PHIO H4127 | Periodisation |
| ZPHI H4102 | Exercise Physiology 3 |
| ZMGT H4102 | Sports Management |
| ZPSY H4101 | Sports Psychology |
| ZRCH H4101 | Research Methods 3 |
| ZPRO H4102 | Research Project & Dissertation |