



Applying on the Grounds of Mature Years

Health & Performance Science

DN425

Apply to CAO by 1 February

www.cao.ie

Entry Procedure:

Candidates are assessed on the basis of information supplied with the CAO application form.

Selection is based on:

Academic Ability

Evidence of academic ability as displayed by final school leaving examinations and/or other assessed courses or examinations you have undertaken.

Please forward copies of results, transcripts and certificates to the CAO.

Work Experience

Please provide a CV outlining any relevant work experience (max. 2xA4 pages).

Professional Development

Provide evidence of continuing professional development and / or relevant courses you have undertaken.

Motivation and Interest

A Personal Statement of commitment should be included explaining:

- your reasons/motivation for wishing to undertake a Health and Performance Science degree;
- the degree's potential contribution to your plans for the future;
- your ability to work independently and to display initiative;
- your interpersonal abilities and communication skills;
- your knowledge of issues related to health and sports participation;
- your educational development and achievements;
- your involvement in social, sporting, medical or voluntary activities;
- any other information which is relevant to your application.

A Personal Statement template is available at www.ucd.ie/maturestudents