



DO YOU HAVE A PASSION FOR SPORT?

Do you want to work
in an **exciting global
industry?**

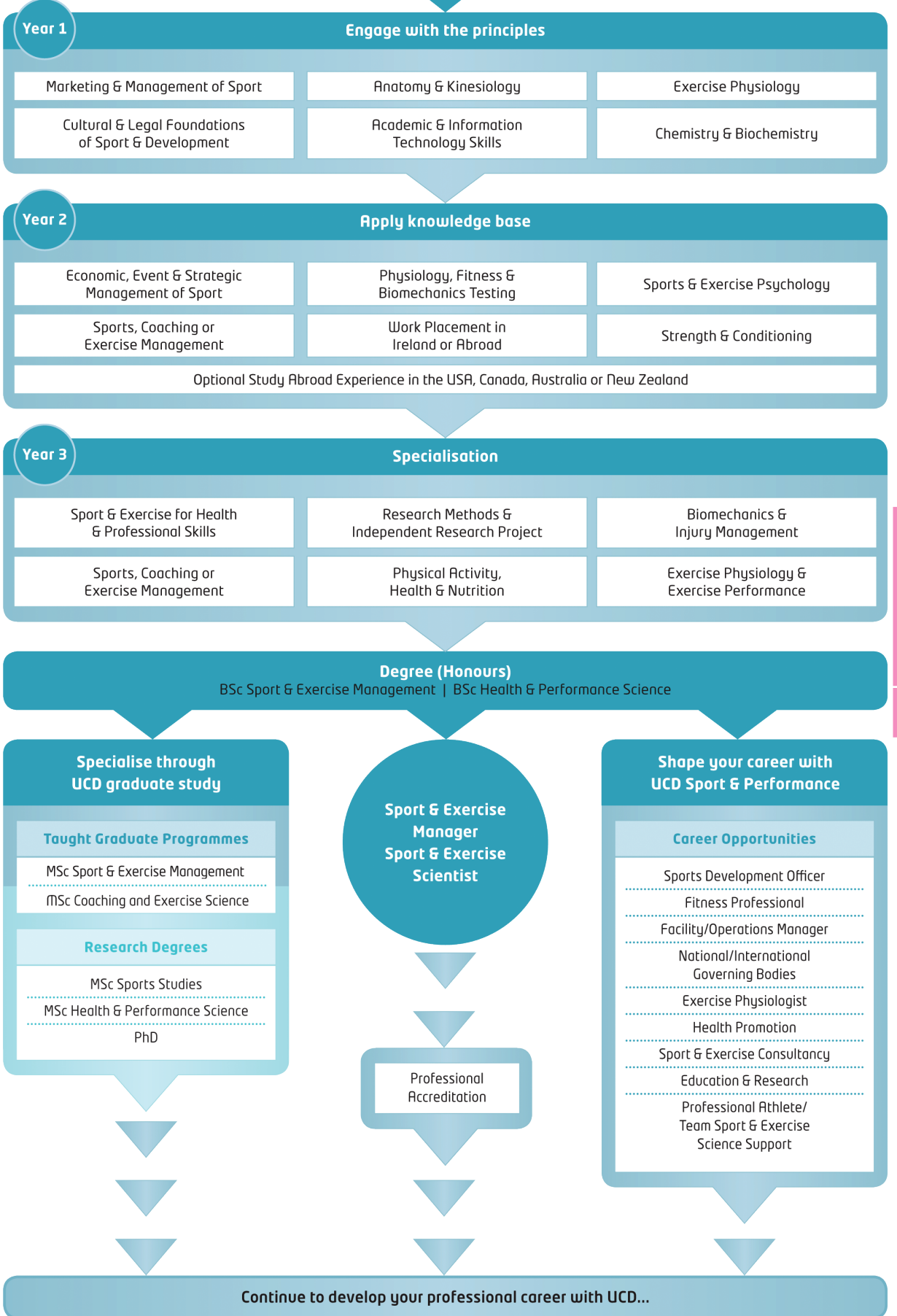
If so, UCD is the place to transform your personal interests into a rewarding career. From training athletes and improving fitness, through to managing sports organisations or working in marketing and sponsorship, you will find a Sport & Performance programme to match your aspirations.

Further Information

Ms Gillian Johnston
UCD Centre for Sports Studies
School of Public Health, Physiotherapy and
Population Science
Woodview House, Belfield, Dublin 4

Tel: +353 1 716 3430
Fax: +353 1 716 3071
Email: sports.studies@ucd.ie
Website: www.ucd.ie/css

Studying UCD Sport & Performance



UCD School of
PUBLIC HEALTH, PHYSIOTHERAPY
& POPULATION SCIENCE
CENTRE FOR SPORTS STUDIES
www.ucd.ie/css

SPORT & PERFORMANCE

HEALTH & PERFORMANCE SCIENCE DN425

SPORT & EXERCISE MANAGEMENT DN430

HEALTH & PERFORMANCE SCIENCE

CAO Code: **DN425**
BSc (Hons) (NFQ Level 8)

WHY IS THIS COURSE FOR ME?

Health & Performance Science focuses on the scientific principles underlying the promotion and enhancement of sport, physical health and exercise. This BSc degree addresses the application of sport and exercise science to sports competition and performance levels, and to improving physical health, well-being and fitness across our life span.

If you have a particular interest in how sport and exercise science can be applied across a range of disciplines, ranging from adolescents and elite athletes to specific disease populations, then this degree is for you. The programme places a large emphasis on practical skill-based teaching, giving students the opportunity to engage in active learning. This develops critical competencies in analysis, evaluation and testing.

WHAT WILL I STUDY?

Modules studied on the Health & Performance Science degree include the following:

FIRST YEAR

Anatomy • Chemistry • Biochemistry • Physics • Exercise Physiology • Theory of Coaching • Strength & Conditioning

SECOND YEAR

Exercise Physiology • Sports Psychology • Biomechanics • Sports Nutrition • Research Methods • Exercise Prescription

THIRD YEAR

Exercise Physiology • Sports Injury Management • Sports Nutrition • Statistics • Case Study in Sports Science • Exercise Prescription • Minor Dissertation (Research)

CAREER & GRADUATE STUDY OPPORTUNITIES

When you graduate you will be skilled in the prescription and management of therapeutic exercise interventions in healthcare and sporting settings. You will also be an expert in the analysis and evaluation of human sports and exercise performance. Graduates can find employment in:

- Sport and exercise consultancy
- Health promotion
- Professional athlete/team support
- Exercise physiology
- Strength and conditioning

They are also eligible to apply for MSc and PhD programmes in the UCD School of Public Health, Physiotherapy & Population Science.

ENTRY REQUIREMENTS

Irish¹, English, A third language, Mathematics, One laboratory science subject, One other recognised subject.

Leaving Certificate

Passes in six subjects including those shown above, of which two must be minimum HC3.

CAO 2013 points: 495

A-Level/GCSE

Passes (GCSE Grade C or above) in six recognised subjects including those above, of which two must be minimum Grade C or above at A-Level.

Guideline Equivalent

Average A-Level Grades AAA (A-Level) & b (AS) or equivalent combination
Guideline Equivalent
Minimum A-Level Grades ABCD (A-Level) or equivalent combination

Average Intake 40

Length of Programme 3 Years

Progression Entry Routes

FETAC Entry Route — None

IT Transfer Route — None

¹ A-Level candidates are usually exempt from the Irish Language Requirement.



I'M INTERESTED IN:

The science of sport
Elite athletes support
Strength and Conditioning
Sports nutrition
Exercise Physiology
Sports Psychology
Human Biomechanics

HEALTH & PERFORMANCE SCIENCE

I'M INTERESTED IN:

The business of sport
How sport is organised and managed
Planning/running sports events
Sponsorship and marketing
Managing sports facilities
Developing sports programmes
Directing coaching/exercise programmes

SPORT & EXERCISE MANAGEMENT





UCD 1ST CLASS UNIVERSITY

UCD is the **largest college** in the National University of Ireland with a student population of **25,000**. It is a vibrant, **modern university** ranked amongst the top universities worldwide.

Located 3 miles south of Dublin city centre, the spacious and leafy campus provides students with a supportive and stimulating learning environment.

SPORT & EXERCISE MANAGEMENT

CAO Code: **DN430**
BSc (Hons) (NFQ Level 8)

WHY IS THIS COURSE FOR ME?

The multidisciplinary nature of the BSc in Sport & Exercise Management equips students with skills in areas such as management, marketing, event planning, human resources, economics/finance, sports development and coaching. These underpin the structure and governance of sport, health and exercise programmes today. If these opportunities interest you then the combination of UCD's internationally recognised academic excellence and sporting reputation makes this degree an ideal choice.

WHAT WILL I STUDY?

The programme offers a progressive pathway for students to specialise in second and third year. Modules include:

FIRST YEAR

Sports Development • Theory of Coaching • Sports Law • Sports Marketing • Financial Management • Sports Management • Introduction to Exercise Science

SECOND YEAR

Event Management and Practicum • Economics of Sport • Sport/Health Psychology • Strategic Planning. Students specialise in one of:

- Sports management
- Exercise management or
- Coaching management

Work placement: Students also complete a ten week structured work placement either in Ireland or abroad during the summer. This provides invaluable practical experience and an opportunity to gain employment upon graduation.

THIRD YEAR

Students study both the business of sport and their selected specialisation. They also undertake an individual research project or dissertation that imparts critical skills in project design and management, in response to current issues within the broader sports industry.

International Study Opportunities

Sport & Exercise Management students can apply to study abroad for either a semester or a year through the Erasmus programme or on a non-EU exchange.

CAREER & GRADUATE STUDY OPPORTUNITIES

Our graduates have a track record of employment, both nationally and internationally, in:

- Sports Administration
- Sports Marketing
- Event Management
- Exercise Management
- Private Sports Enterprises
- Sports Development
- Coaching Development

Further education opportunities are available on MSc and other graduate programmes.

Admission Requirements

Applications from mature candidates, and school leavers, are welcome (through the CAO). Special consideration may be given to elite athletes and coaches wishing to pursue a career in sport and exercise management. Holders of the Diploma in Sports Management with a GPA of 3.08 or higher may, with Programme Board approval, be admitted to second year of the BSc programme – application is via www.ucd.ie/apply.

ENTRY REQUIREMENTS

Irish¹, English, A third language, Mathematics², Two other recognised subjects.

Leaving Certificate

Passes in six subjects including those shown above, of which two must be minimum HC3.

CAO 2013 Points: 430

A-Level/GCSE

Passes (GCSE Grade C or above) in six recognised subjects including those above, of which two must be minimum Grade C or above at A-Level.

Guideline Equivalent

Average A-Level Grades AAC (A-Level) & c (AS) or equivalent combination

Guideline Equivalent

Minimum A-Level Grades ACC (A-Level) & a (AS) or equivalent combination

Average Intake 40

Length of Programme 3 Years

Progression Entry Routes

FETAC Entry Route — None

IT Transfer Route — None

¹ A-Level candidates are usually exempt from the Irish Language Requirement.

² Minimum Grade OB3/HD3 in Leaving Certificate or equivalent. See additional admission requirements.