

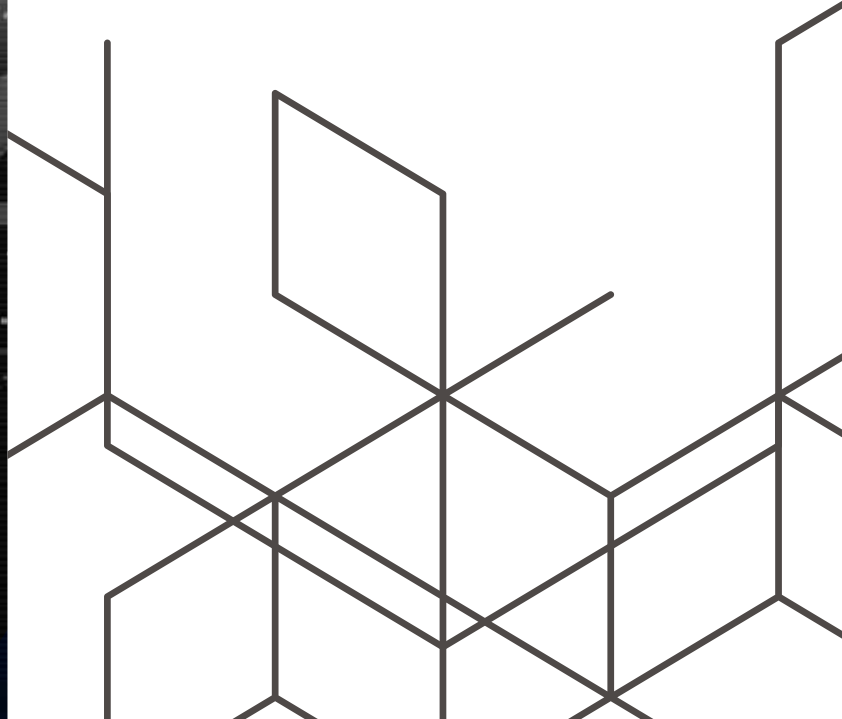
Professional Masters in Performance Science

Online learning with a
world-renowned provider



SETANTA
College

The Online Sports College



Ready to help drive the elite performance revolution?

Let's go.

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Welcome to Setanta College, an internationally renowned Centre of Excellence in all aspects of Performance Science.

Founded in 2006, our passion is to help students realise their full potential by delivering both the technical and interpersonal skills that enable them to shine in their careers.

We ensure that our students - over 40,000 of them in the past decade - are always at the cutting edge of technology and learn the most current methodologies from some of the most respected professional tutors in sport.

Come join us - and see what we can achieve together.

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intro- duction

Defining 'Performance Science'

Performance Science: the discipline where all the sciences - such as physiology, biology, biochemistry (plus the very latest information technology) - are amalgamated to support athletes' preparation and performance.

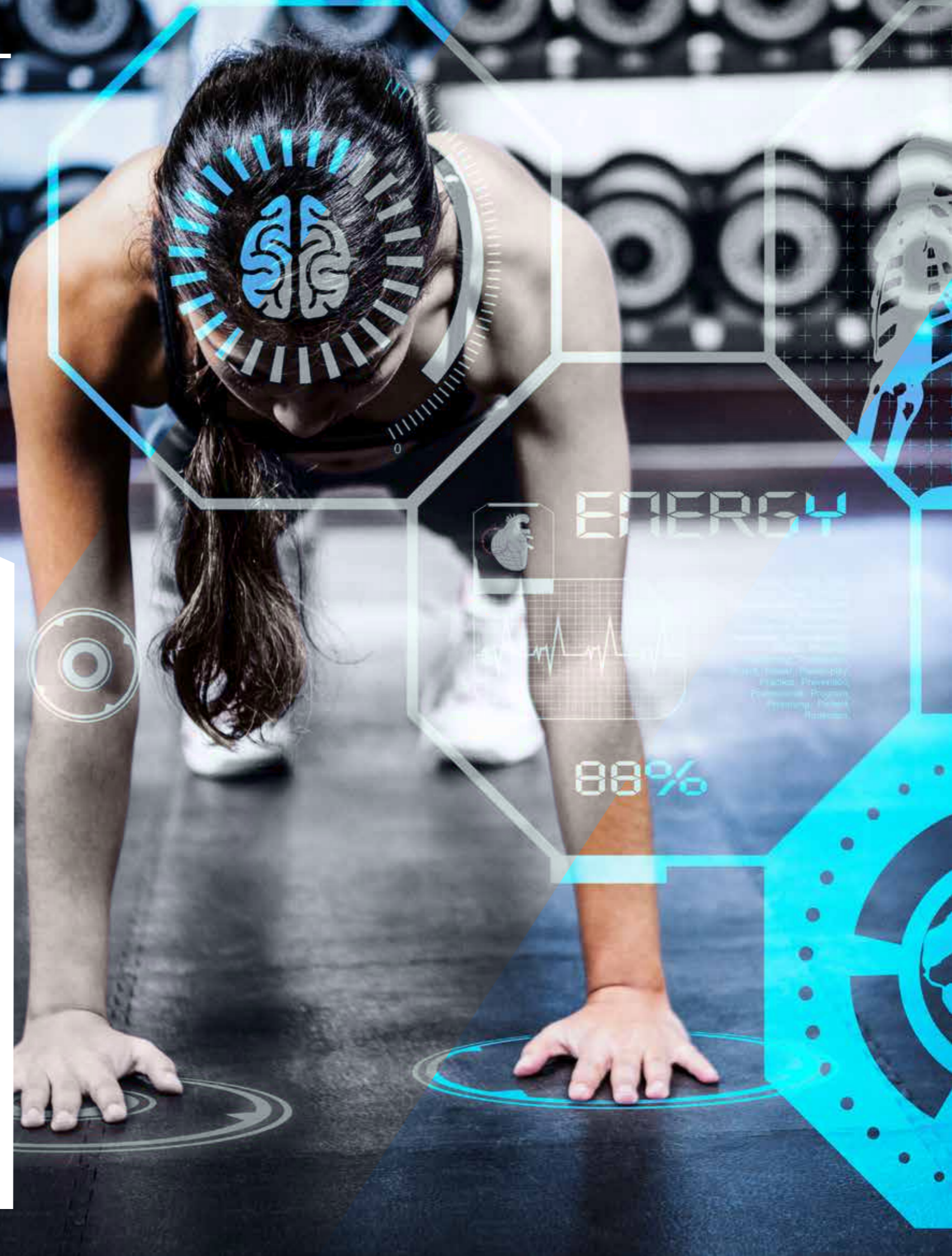
Introducing our unique Masters Programme

The Setanta College Masters Programme is the only one that offers an industry recognised qualification in this growing field.

Those studying this Programme will gain a credential that is now in exceptionally high demand - not only within elite sports associations but indeed within the world of general exercise, fitness and wellness.

Designed & Validated by Industry Experts & Organisations

The Professional Masters in Performance Science Programme has been informed, reviewed and approved by world sporting organisations - all of whom recognise our unrivalled expertise. Please note, this is not an accredited programme on the NFQ - i.e. it is not a Master of Science Level 9 programme.



The Performance Revolution

A technological explosion that means opportunity for you.

At Setanta College, we've witnessed a rapidly growing demand for Performance Science professionals throughout the world of sport and human performance.

And now, with the explosion of technology in sport, there is an urgent requirement for key individuals to both interpret data and to devise and implement performance related Programmes at every level - and in every field - of sport.

This unique Programme will enable you to be at the forefront of new thinking. You will empower, inspire and ensure that even the world's most innovative technology can be made accessible and relative to all sports people.

Our industry-recognised qualification will give you -

- An advanced understanding of both current and emerging technology, plus unrivalled knowledge and practice in performance science.
- Practical coaching skills in the application of technology in sport.
- Preparation and encouragement to pursue future coaching and performance management opportunities.
- Higher order creative, critical and reflective thinking skills that encourage application and evaluation.
- A multidisciplinary approach to working confidently within sport and human performance at an elite level.

The Advance of Absolute Preparation

And the urgent need for new professionals to marshal it.

Sport has always been a fast-moving environment - that goes without saying. And every sport has always been keen to reach out to science and technology to enable its participants perform to their utmost.

In recent decades, we've seen the growth of heart rate monitors, the rise of GPS tracking, smart clothing, computer analytics software, force velocity measurement, power output tech among many more.

But today, technology and science are advancing at a truly exponential rate.

Breath-taking pace

New technologies seem to be appearing on a day-to-day basis - in the home, in work, in schools. And, naturally of course, within the sporting context too.

Indeed, it has now reached the stage where many of the most advanced practitioners of sporting performance are being challenged by the sheer breath-taking pace of the new technological possibilities being introduced.

And therein lies the danger - the growing prospect of distinct gaps opening up between the availability of the latest technology and having sufficient skilled educators to competently use it.

That's where Setanta College comes in

At Setanta, we've responded to this burgeoning demand by creating an industry lead **Performance Science Programme**.

This Programme is informed by the industry's leading technology companies as well as leaders in the field of sport science and strength and conditioning.

Our Professional Programme will help those we engage with within the industry to become the flag-bearing interpreters of the latest sports technology, so that they can scientifically apply new thinking in a meaningful and effective way.

Place yourself at the very forefront of change

Successfully completing this Programme will give you the skill sets needed to understand and interpret data and, as a result, to develop the practical coaching skills to devise, implement and oversee an increasingly complex range of performance related Programmes.

You will find yourself at the forefront of change: enabling, empowering and inspiring - and making sure that the world's most innovative technology is made truly accessible and relative to all.

A Passport to the Big Leagues

Our Programme will open doors for you across every sport.

This Professional Masters in Performance Science will produce graduates capable of coaching, planning, managing and implementing the latest sports technology and methodologies in the upper echelons of sport.

As such, you can expect to achieve significantly high levels of responsibility within a variety of sports and fitness industry sectors. They include but are not limited to -

- Elite and Amateur levels in Team and Individual sports
- National Governing Bodies of Sport (NGB)
- Education, Health and Public sector
- Health and Fitness industry
- Freelance and Consultancy
- Sports Technology, Equipment and Performance Science

Successful Alumni

By successfully completing this Programme you will join the highly sought-after Alumni of Setanta College, many of whom are eminently engaged in the following sectors -

- Premiership Football
- European Golf Tour
- PGA Tour (USA)
- AFL Australia
- Australia Rugby Union
- England Rugby Union
- Irish Rugby Football Union
- French Rugby Federation
- NFL (USA)
- World Rugby
- International Sports Teams

A Perfectly Balanced Programme

Both in content and format.

Overview

The Programme includes -

- **5 Online Modules** (each module is 10 weeks in duration)
- **2 separate on-site weeks for workshops, practical application and lectures**
Workshop Blocks: February and July of each year
- **Final Project** (additional 2 months to complete)

Duration

Students have a choice of Course Duration -

- You may complete each of the 5 modules consecutively, which means you can complete the entire Programme in 50 weeks (5 x 10 weeks) - plus your final project.
- Alternatively, you can complete the Programme in a modular manner: ie, following the completion of one module, you may then enrol on the next module when it is again offered, providing you complete the entire Programme within 3 years.

Delivery Method

This is a blended learning Programme in which weekly lectures will be delivered through our virtual learning environment and completed entirely online, thus allowing you to conveniently study from your own home or work environment.

This is especially attractive because your work can continue as you study. What's more, you can then apply what you're learning into your work straightaway.

Final Project

Final Project and Assessment (additional 2 months to complete)

You will submit a final project following the completion of the five online modules. During the online element you will receive guidance and mentoring from a tutor who will assist you in the selection of a final project.

On-site Workshops

During the second and fourth modules, students are required to attend our state of the art Sportslab in Thurles, Co. Tipperary, Ireland.

You will meet your fellow students, tutors and expert leaders within the fields of technology applied scientists. In addition, you will enjoy a daily communication forum where students and staff can learn and share in an informal environment.

Workshop Weeks are held in February and July each year. Dates are confirmed for each intake.

Module One Advanced Conditioning & Recovery Methods

Any well planned conditioning or training method can only be successfully applied when the appropriate recovery strategy is in place. We start the module with key methods that aim to enhance strength, power and speed components as well as novel methods for enhancing endurance. By the end of the module the learner will:

- Be able to create a conditioning programme reflecting the needs of the athlete and the demands of the sport
- Critique traditional and innovative training and recovery methods
- Apply scientific and practical reflection in programme design

Module Two Athlete Monitoring & Coaching Technology

This module considers the many and varied approaches to monitoring an athlete and the technologies that are used. In this module we examine in detail the principles and mechanisms underpinning such technologies. This module will take recent and current technologies and create a principle led approach to their application such that the coach/specialist/analyst or clinician can become far more effective, efficient and competent in the use of and application of technology in monitoring his or her athletes. By the end of the module the learner will:

- Assess the effectiveness of a given sport technology
- Use and apply a diverse range of technologies in an efficient manner
- Create an athlete focused monitoring system

Module Three Sports Nutrition

This module will describe the essential knowledge that the practitioner requires to ensure that the athlete's nutritional support is commensurate with his or her needs. The knowledge and insight gained from this module will allow the practitioner work closely with sport nutritionists in ensuring that the athlete is appropriately supported in meeting their energetic and nutritional needs. The learner will be have an in-depth understanding of the best practices for ensuring that the athlete is well prepared nutritionally and energetically for the demands of his or her sport. By the end of this module the learner will:

- Be able to determine the individual macro and micronutrient requirements of the athlete
- Assess the energetic demands of training and competition
- Be aware of limitations in their role and also the procedures required in the delivery of any dietary modification advice

Module Four Data Management & Movement Analysis

Having the capability and indeed skill to gather, store and analyse data is critical nowadays. The plethora of data that is being derived from a variety of sources can often create much confusion for the coach, the analyst, the S&C coach, all support members of the team and indeed the athlete. Furthermore, having the skills to meaningfully manage this data will allow the learner to apply this across a wide variety of non-sporting contexts such as within the general fitness industry. The second part of the module examines movement. The aim here is to gather meaningful data based on movement quality. This means assessing for symmetry and muscle and joint balance and imbalance in specific tests but also within specific movement patterns such as in sprint acceleration and in jumping actions. The topics include an in-depth review of 2-D and 3-D movement analysis technology and their application. The main focus is that of injury preventive practice or injury risk reduction practice, as well as performance optimisation. By the end of this module the learner will:

- Be able to gather and analyse sport related data
- Manage and present data and results in a meaningful format
- Be able to critique movement strategies for injury reduction
- Be able to quantify and assess quality of movement for performance enhancement

Module Five Biomedical Aspects & Leadership

Continuing from the movement analysis section of the previous module we focus on biomedical aspects which has a greater emphasis on injuries in sport. The first goal of all the support team of any given exercise or sport programme is to minimise the risk of injury. To help in this, the following areas such as incidence, types and factors associated with sport related injuries is assessed. One of the topics addressed in this module is that of injury risk reduction practice and the all-important return to play guidelines. This module will also focus on the skills that are required to lead a programme that is innovative and that will require sensitive management skills. At the end of this module the learner will:

- Be able to describe the factors associated with injury in sport
- Collaborate in the development of return to play protocols following injury
- Be able to develop strategies to reduce injury risk as part of a support team
- Appreciate the challenges implicit in changing behaviour
- Demonstrate the skills required to communicate and lead in a meaningful manner

Applying for your Place.

Next Course Starts

September of each year.

Course Price

€9,500

Educational Requirements

Candidates may be accepted onto the Programme with a primary degree in any one of the following:

- Strength and Conditioning
- Sports Science
- Sports Physiotherapy
- Athletic Training, or
- A similar field of study and at least three years relevant professional experience

....OR

An appropriate professional qualification (such as CSCS, UKSCA) and at least five years relevant experience

....OR

Special Case Registrations: prospective participants who do not meet the entry requirements for the Programme detailed above, but who may qualify for admission by meeting certain other equivalent criteria, should apply to the College Administrator for consideration. An interview may form part of the selection process for all application routes.

Local Excellence. Global Recognition.

How Setanta has impacted on the world of sport.

Setanta College was founded in 2006 by Dr Liam Hennessy, FRAMI, an Exercise Physiologist, Strength and Conditioning Coach, former international athlete and also a former Director of Fitness with the IRFU.

As part of his role in the IRFU, Dr Hennessy developed a series of training modules containing the latest thinking in Performance Science and Strength and Conditioning - but with a particular focus on practical application and coaching.

Acclaimed innovation

This approach proved highly innovative and successful and many of the graduates from that system have gone on to take up roles in the Premier League, NFL, World Rugby as well as many other global professional sports organisations.

These world-class training modules formed the basis of our Professional Masters in Performance Science.

International partners

Setanta College has partnered with globally established sports technology companies such as StatSports, Force Decks, Kinduct, Myontec and Orreco.

As well as providing online Programmes, Setanta College partners with universities internationally to provide full time academic Programmes. We also work with academic institutions and technology companies around the world conducting research and validating and testing the latest technology.



Tuition Excellence

Learn from leaders in sport, technology and science.

The educators in this Professional Masters Programme are leaders in their field, including Internationally renowned lecturers plus visiting and guest lecturers.

They are all former high level sports participants, active coaches or both and they come from varied sporting backgrounds including team and individual sports.

Indeed, a key requirement is that they are not just academics, but that they have an applied ability, competence and experience.

Close to your tutors

Tutors are also assigned to each module so that they will assist students in the day-to-day learning and in tweaking and resolving issues that may present as will always be present within the environment of the student.

There's also a community forum where ideas are shared and questions can be asked and answers given and answers deliberated on.



Tutors

Daniel Cohen

Dr. Daniel Cohen is a lecturer and researcher at the University of Santander in Bucaramanga, Colombia. Daniel is also Head of Sports Science for NMP ForceDecks, who provide force measurement platforms and support to several professional teams in the EPL, La Liga, NHL and AFL amongst others.

Joe Warne

Dr. Joe Warne is an elite athlete, coach, and scientist. He specialises in data analytics, biomechanics, and physiology. Joe comes from a Sports Science background, with extensive practical experience in the S&C setting working with DCU Sport as a high performance coach, international athletes, Athletics Ireland and GAA Academy teams in the past. Joe has been the Sports Science Author for Irish Runner Magazine for over 6 years and is recognised as one of the world's leading experts in the transition to minimalist footwear with respect to performance and injury as a result of his PhD research.

Ciarán Keogh

Ciarán is an accredited Strength and Conditioning provider with the Irish Institute of Sport and has provided strength and conditioning to Paralympic athletes since 2005 preparing athletes for European, World and Paralympic games.

As well as being a graduate of Setanta College, Ciarán holds a BSc from Tralee IT, a Masters of Science in Exercise Physiology at Trinity College Dublin and is currently completing a Phd at the University of Limerick.

Crionna Tobin

Dr Crionna Tobin is recognised as one of the highest profile sports nutritionists in Ireland. Working in the sports nutrition industry for the last 8 years she has gained a wealth of experience working with and educating many high profile teams and International athletes.

A PhD graduate of Dublin City University in the area of exercise physiology and nutrition, and a registered performance nutritionist, Crionna is driven by a passion to educate and inspire athletes on the powerful role nutrition plays in enhancing all aspects of performance. Her approach to nutrition is balanced and flexible as she understands the practical day to day challenges people face in the area of nutrition & diet. Her advice is based on the latest evidence based nutrition & performance nutrition research and molded into individualised plans for each athlete based on their needs and goals.



Advisory Board

To ensure the highest standards of tuition in all Setanta College courses, we have appointed a world renowned Advisory Board to inform and oversee our Educational Programmes and Research Strategy.

This board, chaired by Pdraig Harrington, and comprised of Professors, Doctors and Practitioners in Performance Science and Strength and Conditioning from around the world, keep Setanta College at the cutting edge in the latest thinking, research and technology.

Liam Hennessy

Dr. Liam Hennessy is the Academic Director of Setanta College. He is a qualified Physical Education teacher, Exercise Physiologist and Strength & Conditioning Coach and former Director of Fitness with the Irish Rugby Football Union.

Within the IRFU Liam developed a world class system of player support within the areas of Strength and Conditioning, Injury Rehabilitation, Sport Nutrition and Medical Care. It is on this foundation that Setanta College was built.



Padraig Harrington

Padraig is widely regarded as one of Ireland's greatest sportspersons. He has been competing on the European and PGA Tours for over 20 years and is a three-time Major winner.

Padraig has worked with Dr Liam Hennessy, Setanta College Founder and Academic Director, for almost 20 years. The principles, which our programmes are based on, are the same principles Liam has been applying with Padraig for his fitness, longevity in sport and general wellbeing.



Ian Jeffreys

Professor Ian Jeffreys is an internationally renowned coach, educator and author and is regarded as a world authority in the development of speed and agility and conditioning for team sports. Ian is a Professor of strength and conditioning at the University of South Wales, where he co-ordinates all of the University strength and conditioning activities, as well as managing the strength and conditioning programmes for Cardiff City Football Club's Academy.



Des Ryan

Des is Head of Athletic Development at Arsenal FC having previously worked with the IRFU as Fitness Education Manager. Des also worked as head fitness advisor at Connacht Rugby from 1998 to 2008. During this time he worked with the Ireland A rugby team for three years and assisted with the Ireland senior team. Des is also a tutor with the IRFU, UKSCA and a tutor/trainer with World Rugby. He has a keen interest in the area of long-term player development and is a renowned speaker at conferences around the world.





Setanta College
Thurles Chamber Enterprise Centre
Nenagh Rd, Thurles, Co. Tipperary, Ireland

T. +353 (0)504 26723 info@setantacollege.com
www.setantacollege.com

Twitter: @SetantaCollege
Facebook: @SetantaSportsCollege
Instagram: www.instagram.com/setantacollege