



# Diploma in Personal Training & Strength & Conditioning

Online learning with a  
world-renowned provider



**SETANTA**  
College

The Online Sports College

# Want to achieve your best?

## It helps to learn from the best.

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**Welcome to Setanta College, an internationally renowned centre of excellence in all aspects of Strength and Conditioning.**

Founded in 2006, our passion is to help people to realise their full potential - not through a 'one size fits all' approach, but rather through bespoke solutions in which we deliver both the technical and interpersonal skills that enable our people 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.

# contents

Become a Personal Trainer	04
Why Setanta?	06
What makes a Setanta student?	07
Course Outline	08
Course Details	09
Fees and How to Apply	10
Our Tutors	11 & 12
Setanta: A Brief History	12
Advisory Board	13
Testimonials	14

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# Rewarding for you. Empowering for your clients.



## **With a Setanta qualification, you will become a sought-after Professional**

Becoming a Personal Trainer means that you are joining one of the fastest growing professions in the burgeoning fitness industry.

Once qualified, you will be your own boss and be well rewarded for your work. It's a role perfectly suited to those seeking a flexible lifestyle and a more positive work-life balance.

More importantly, though, it's a profession where you can play a pivotal role in improving the lives of others: educating individuals on the benefits of physical activity; helping them achieve their own fitness goals; and empowering them to improve their physical health and well-being.

## **Take your first step with Setanta**

If you want to be among the best in this quickly growing sector, you should start by choosing Setanta College.

By bringing together the knowledge of world leading experts, our Diploma in Personal Training and Strength & Conditioning will give you the qualification, knowledge and practical skills-set to become a confident and sought-after Personal Trainer.





# Shape your career... in a College that truly sets you apart

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Let's face it - training for a new career is a big step. And with so many options out there, choosing the right Personal Trainer course can be difficult.

So it's absolutely crucial to know which course will give you the best qualification and grounding to develop your career in such a competitive industry.

## Choose Setanta - and stay ahead of the field

Setanta College is a world-renowned Sports College that has delivered internationally recognised qualifications to over 40,000 students worldwide over the past 10 years.

We are industry leaders in the field of Strength & Conditioning and Performance Science. Indeed, we have a track record that is far superior to anything else currently available.

## Give yourself the competitive edge

By choosing Setanta College, you won't simply qualify to be 'yet another' Personal Trainer - you'll earn a qualification that will set you apart while also gaining both the technical and interpersonal skills to become a highly confident professional.

And in such a rapidly expanding industry, this will mean more opportunities for you to develop your career, build on your repertoire of skills, and transform the lives of your clients.

# Our students go further than on any other similar course

## So, are you ready for the journey?

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We're seeking students who wish to perform at the highest level within the fitness industry and who are ready to apply themselves to the hard work necessary to gain a Setanta qualification.

Why do we say this? Well, with any other similar course, accreditation only measures the basic industry requirements. And yes, these other courses will certainly cover the basic theory and practice for you in a much shorter time.

As a Setanta College student, however, you will go into much more detail and in doing so will ultimately be much more rewarded.

For example, you will uniquely gain both the in-depth technical knowledge and the interpersonal training skills that will set you apart and help you perform to international standards of excellence.

This in turn will allow for a rewarding and successful career in a Personal Training environment where delivering bespoke exercise plans is essential to success.

### Support

If that sounds like you, and you're ready to meet the Setanta standards, we will support you every step of the way.

### Entry Requirements

Applicants must be 18 years or older on the 1st of January on the year of admission. If you are under the age of 23 there are certain minimum entry requirements and applicants may be subject to interview.

*If you are over 23 years of age you may apply as a mature student. Full terms can be found on our website.*

# The learning outcomes that are unique to Setanta

More than any other similar provider, Setanta College helps our students develop a firm understanding and insight into the ever-changing science of strength and conditioning.

We also deliver the latest thinking in Performance Science, but with a particular focus on practical application for the Personal Trainer.

## Internationally recognised

Our Diploma in Personal Training will give you the skills-set to instruct, provide personalised workouts, offer variety and help individuals and teams to achieve their goals. You will also be prepared to implement and supervise resistance training and weightlifting for sport programmes.

Not only that, our new Diploma includes an internationally recognised Certificate in Functional Screening and Resistance Training which will equip you to develop and train your clients more effectively.



## Learning Outcomes

You will achieve -

- A specialised knowledge of strength and conditioning for sports
- A broad range of practical analytical skills
- Ability to conduct functional screening assessments
- Ability to prescribe and supervise corrective strategies
- Ability to take responsibility for the design, planning and implementation of a comprehensive programme of fitness development for athletes, players or teams
- Ability to plan, implement, and supervise strength and conditioning programmes

Graduates will also have the opportunity to progress on to higher-level qualifications with Setanta College.

# A flexible way to achieve your ambition

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**This internationally recognised Diploma in Personal Training is designed to accommodate the working professional and will fit flexibly into your daily schedule.**

## Duration

Course duration is 10 months and students intakes occur at two stages throughout the year: during the first weeks of February and October.

## Delivery Method

The course is delivered online with weekly lectures over 10 months, so you can access lectures and course notes at any time. Students will study one module at a time, each lasting 12 weeks in total. Weekly lectures will be delivered through our virtual learning environment and are completed entirely online.

## Modules

The three modules completed in this course include those of the Certificate in Functional Screening & Resistance Training:

### Functional Screening

This module provides students with an understanding of the scientific principles underpinning postural and functional screening and the scientific literature investigating the efficacy of such procedures. It also facilitates practical-based screening such that the learner becomes competent at screening and also prescribing a movement-corrective strategy.

### Resistance Training

Providing the learner with a range of skills, knowledge and competencies in the coaching and planning of resistance training across a range of activities and for a variety of participants.

### Advanced Resistance Training

Enabling students to acquire the knowledge, skill and practical competency in delivering safe and effective coaching practice related to Olympic style weightlifting and associated core exercise coaching and programme progression.

## Units

Also completed as part of the Diploma are the following REPS approved units:

- Anatomy and Physiology for Exercise
- Health, Safety and Welfare in a Fitness Environment
- Principles of Exercise, Fitness and Health
- Know how to Support Clients who Take Part in Exercise and Physical Activity
- Planning Gym-based Exercise
- Instructing Gym-based Exercise
- Applying the Principles of Nutrition to a Physical Activity Programme
- Anatomy and Physiology for Health and Exercise
- Programming Personal Training with Clients
- Delivering Personal Training sessions

## Workshops

There are seven onsite workshops when you will gather with your fellow classmates and tutors to learn practical skills that make a great Personal Trainer. The practical face-to-face elements of the course are delivered once every 5-6 weeks in our state of the art facility in Thurles. We also run workshops from our partner gym in Dublin.

## Assessment

Course materials are studied in your own time, with continuous assessment and 7 practical workshops making up your final grade.

Student knowledge is examined via online questionnaires, essay-style projects, logbooks, assignments, one written and one practical final exam.

## Qualification

Upon successful completion of the course you will receive:

- NFQ Level 5 - Diploma in Personal Training
- NFQ Level 6 - Certificate in Functional Screening and Resistance Training
- Upon completion, you will have gained 30 ECTS (European Credit Transfers)

## Further qualifications

Upon completion, students have the option to gain further professional qualifications with Setanta College:

- Certificate in Strength & Conditioning
- Higher Certificate in Strength & Conditioning
- BSc in Strength & Conditioning

## Fees & How to Apply

The standard fee for the full 10-month course is €3,300.00 with a special price when you pay in full and upfront of €3,000. For those looking for more flexibility, there are instalment options available:

1. Upfront: Pay €3,000 upfront (save 9%)
  2. Standard: Pay 3 instalments of €1,100
  3. Monthly: Pay 10 monthly instalments of €360
- Choose your preferred payment option on [www.setantacollege.com](http://www.setantacollege.com)
  - Complete the short enrolment form
  - Make your payment online
  - A Student Officer will be in touch and you will receive your login details to our online learning centre.



# You will be guided by the very best



Setanta College tutors are experts in their field. Our lecturers, who are qualified to MSc or PhD level, are former high level sports people, active coaches or both. They are highly qualified, enthusiastic Strength and Conditioning coaches and Performance Scientists. They come from varied sporting backgrounds including team and individual sports.

Indeed, to ensure the highest standards of tuition, Setanta College has 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.



# Tutors

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## Claire Brady

Claire graduated from DCU with a BSc in Athletic Therapy & Training. Upon completion of her degree she focused on her sprinting career where she has competed at both World and European championships. She then completed a MSc in Sports Performance through the University of Limerick finishing top of her class.

Claire is a Certified Strength & Conditioning Specialist (CSCS) and her main areas of interest are human movement, injury prevention and performance.



## Ben Mahony

Ben graduated with a first class honours BSc in Sports Science and Health from DCU in 2011. He then went on to complete his MSc in Strength and Conditioning at the University of Edinburgh in 2012. Ben worked providing strength and conditioning support to rugby and hurling teams before taking up a lecturing role on the BSc in Sports Science and Human Performance at University Centre Farnborough in the UK. While in the UK Ben was also the lead strength and conditioning coach for the Netball Super League national champions Surrey Storm.

Ben is a UKSCA qualified strength & conditioning coach and a NSCA certified personal trainer



## Dave Moriarty

Dave has been involved in the physical preparation of athletes and teams for the past 15 years. Dave has vast experience working with inter-county teams, being the head strength and conditioning coach with the Limerick Senior Footballers, the Limerick Senior Hurlers, the Tipperary Senior Footballers and is now coaching alongside Eddie Brennan with the Laois Senior Hurlers.

Dave has also served as a Conditioning Coach for his own rugby club, Young Munster RFC in Limerick. He holds an MSc in Strength and Conditioning from Setanta College and a Bachelor of Arts in Sport Recreation and Leisure Management from Waterford Institute of Technology.



# Advisory Board

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## 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 which now extends into providing a world class Diploma in Personal Training.



## 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.



# Student Testimonials

## **Sinéad O'Regan** Current Student, Cork

*"I have always had an interest in sport and fitness and this Diploma is a fantastic opportunity for me to further develop my skills and knowledge in this area.*

*The course content is really interesting and I am always looking forward to the next weeks material being uploaded. The online lectures are very easy to navigate and the ongoing group discussions are really beneficial.*

*I am extremely impressed with Setanta College. I have been made feel welcome and there is a student advisor available at all times to ensure that any questions one may have are answered straight away.*

*The onsite campus facilities in the SportsLab in Thurles are second to none and as good as you would find at any major University.*

*This Diploma will give me the opportunity to branch into and work in the area of Personal Training. It will also enhance the work that I can do with sports teams. I continuously strive to upskill and the Setanta College Personal Training Diploma facilitates this."*

## **Paul Dunne** Owner, LifeFit Gym

*Gaining my Setanta College qualification has expanded LifeFit's business potential, and has vastly improved the services I offer to my regular gym and Personal Training clients through improved screening, corrective work and programming.*

## **Hanna Nytomt** Owner, ShapeUp Fitness

*Setanta College helped me gain the ground up knowledge I needed to achieve my desired goal. I quickly set up my own Personal Training and Fitness business, ShapeUp Fitness, catering for all fitness levels and specialising in female fitness. Starting my own fitness business has enabled me to do something that I love, while helping others improve the quality of their lives in the process.*



Strength  
Endurance

Agility  
Flexibility

Protein  
Exercise

Cardiovascular  
Health

Weight  
Fitness

Shape  
Workout

Stamina  
Enthusiasm

Aerobic



  
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