

A group of people in a gymnasium are performing a strength training exercise. They are holding long wooden poles horizontally across their shoulders. In the foreground, a woman with blonde hair is wearing a blue long-sleeved shirt and black leggings. To her right, a man in a blue and white striped shirt is also holding a pole. In the background, other people are visible, some holding poles vertically. The floor is orange with yellow markings. A blue diagonal graphic element is in the top left corner.

Gain an internationally recognised **Strength & Conditioning Qualification**

**Online learning with a
world-renowned provider**



SETANTA
College

The Online Sports College

Shape your career in a college that truly sets you apart.



Welcome to Setanta College; an internationally renowned centre of excellence in all aspects of strength and conditioning.

Founded in 2006, our passion is to assist students achieve their full potential - not through a 'one size fits all' approach, but through bespoke solutions in which we deliver both the technical and interpersonal skills that enable our graduates 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 professionals in sport.

Come join us and see what we can achieve together.

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Welcome from Dr. Liam

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I am reminded of a powerful statement when it comes to developing a career in sport or exercise coaching:

“Don’t let your knowledge lead to learning only, let it lead to action”.

This epitomizes our mission here at Setanta College.

We want you to develop a strong understanding of the principles that are essential in coaching, training, planning, and motivating your clients and athletes. We also plan to develop your confidence and techniques so that you can apply and adapt your learnings depending on the individual, the environment and the challenges posed by their goals.

Whether you are in the field of Strength and Conditioning, Personal Training, Performance Science or General Coaching, the modules and the pathway devised here at Setanta College are intended to give you the skills, competence and “the edge”. Using the unique blended learning format you can study from home yet enjoy the regular workshop experiences where you apply the skills and techniques delivered in your weekly schedule of lectures and presentations.

Uniquely, we provide the most current and up to date coaching methods and information that will make you a leader in your field. We strive to help you become the best you can be, and in doing so we will have achieved our goal.

Yours in sport,

Dr. Liam Hennessy



You will be guided by the very best

Our tutors are highly qualified, enthusiastic, Strength and Conditioning Coaches, and Performance Scientists. They are former high level sport professionals, active coaches or both.

Ben Mahony

Certificate in Functional Screening and Resistance Training,
Programme Leader

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 & 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 Superleague national champions Surrey Storm. Ben is a UKSCA qualified Strength and Conditioning Coach and also a NSCA certified personal trainer.



Dave Moriarty

Certificate in Strength & Conditioning, Programme Leader

Dave has been involved in the physical preparation of field based squads for the past 20 years and has extensive experience in Strength and Conditioning.

He has worked with a variety of hurling and Gaelic football teams in Limerick, Tipperary, Clare, and Cork, winning two county titles in Limerick and Cork. Dave also has vast experience working with inter-county teams, being the head Strength and Conditioning and Skills coach with the Limerick Footballers for 4 years and the Limerick Hurlers for 3 years. He has also assisted both the Tipperary and Wexford Senior Hurling teams in the past. At present, Dave is the lead Strength and Conditioning Coach with the Tipperary Footballers holding this position since 2015. Dave has served as a Conditioning Coach to his own rugby club, Young Munster R.F.C. in Limerick. Dave holds a Masters Degree in Strength and Conditioning from Limerick Institute of Technology, a Bachelor of Arts in both Strength and Conditioning and Sport Recreation and Leisure Management, from Waterford Institute of Technology as well as numerous other exercise and fitness qualifications.



Damien Young

Higher Certificate in Strength & Conditioning, Programme Leader

Damien is currently lecturing on the full time BSc Sports Strength & Conditioning course at LIT Thurles and has also been lecturing with Setanta College for the past eight years. His main subject area is Growth, Movement, and Development. He has developed activities to improve fundamental and rudimentary movement skills. These skills are currently being used in a number of primary schools around Ireland. As a result of these activities, primary school teachers have commented on the students' improvement in their overall physical movement ability and their academic performance. Damien completed a Research Masters on the physiological demands of hurling and is currently undertaking his PhD in the same area. He has published a number of research papers which investigate the match-play demands of hurling. Damien qualified as a Level 2 Coaching Ireland Tutor and over the past 15 years has delivered GAA sports specific coaching courses and a wide range of CPD courses to tutors, coaches, and players.



Ciarán Keogh

Degree in Strength & Conditioning, Programme Leader

As well as being a graduate of Setanta College, Ciarán holds a BSc from Tralee Institute of Technology, an Msc in Exercise Physiology from Trinity College Dublin and is currently undertaking a Phd in the University of Limerick investigating the motor type profiles of athletes. He has provided Strength and Conditioning to the Tipperary Senior Hurlers and to Paralympic athletes since 2005, preparing athletes for European, World and Paralympic games.

Ciarán has previously lectured on the Bachelor of Science and Master of Science in Strength and Conditioning programme at LIT-Tipperary in partnership with Setanta College.



Dr. Joe Warne

Professional Masters in Performance Science, Programme Leader

Joe 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 Strength and Conditioning setting having worked with DCU Athletics and GAA Academy teams for a number of years. He spent some time as a High-Performance Coach in DCU Sport and has been the Sports Science Author for Irish Runner Magazine for over 6 years.

Academically, Joe has numerous publications in the area of Running Biomechanics and Physiology. He is regarded as one of the world's leading experts in minimalist footwear, focussing his PhD research on performance and injury in this area. Joe also contributes to over 12 different academic journals.



Claire Brady

Diploma in Personal Training, Programme Leader

Claire Brady graduated from DCU with a BSc in Athletic Therapy and Training. Upon completion of her degree, she focused on her sprinting career. Claire has competed at both World and European Championships. She has completed a MSc in Sports Performance through the University of Limerick finishing top of her class. She is currently undertaking PhD research at the University of Limerick focused on the injury prevention and rehabilitation of Olympic and Paralympic Athletes.

Claire is a Certified Strength and Conditioning Specialist (CSCS) and her main areas of interest are Human Movement, Injury Prevention, and Performance.



Advisory Board

Our Advisory Board keep Setanta College at the cutting edge of the latest thinking, research, and technology. 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.

Dr. Liam Hennessy

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



Dr. Brian Moore

Brian is CEO of Orreco and has led global research into sports haematology since 2005. He has an international reputation for using Sports Science and Data Science to provide evidence-based actionable analytics to accelerate recovery, optimize performance, and prolong the careers of elite athletes.



Prof. Ian Jeffreys

Ian is an internationally renowned coach, author, and educator in the area of Speed, Agility, and Conditioning for team sports. He is a Professor of Strength and Conditioning at University of South Wales, co-ordinator of all Strength and Conditioning activities, and manager of Cardiff City Football Club Academy Strength and Conditioning programme.



Des Ryan

Des is Head of Sports Medicine and Athletic Development at Arsenal Academy having previously worked with the IRFU as Fitness Education Manager. Des also worked as Head Fitness Advisor at Connacht Rugby and is a tutor with the IRFU, UKSCA and tutor trainer with World Rugby.



International Accreditation and Recognition

Our online programmes are accredited by Quality and Qualifications Ireland (QQI) and through the European Union via the European Credit Transfer Accumulation System (ECTS). Furthermore, our programmes are recognised by international bodies such as the NSCA and world leading sports-tech companies such as STATSports, ForceDecks, and Orreco.





Educational Pathway

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Our programmes are designed in a pathway or ladder format with the 'first step' being our Certificate in Functional Screening and Resistance Training.

It is our belief whether you coach individuals or teams, have an ambition to be a professionally recognised personal trainer, or just have an interest in the subject, it is imperative to have the skills to assess, screen and monitor in order to develop and safely implement training programmes.

Each subsequent module builds on the previous one with our students choosing how far and how fast they wish to travel along our educational pathway. Students can gain internationally recognised qualifications from Certificate to Higher Certificate, Degree or even Professional Masters Level.

Certificate in Functional Screening & Resistance Training

Modules	9	Credits	7
1-3	Months	30	Workshops



Certificate in Strength & Conditioning

Modules	18	Credits	13
1-6	Months	60	Workshops



Higher Certificate in Strength & Conditioning

Modules	3	Credits	23
1-12	Years	120	Workshops



BSc in Strength & Conditioning

Modules	4.5	Credits	32
1-18	Years	180	Workshops

Strength & Conditioning Modules

1. Functional Screening
2. Resistance Training 1
3. Resistance Training 2
4. Resistance Training 3
5. Speed Development
6. Endurance Development
7. Anatomy, Physiology and Biomechanics
8. Growth, Movement and Development
9. Long Term Player or Athlete Development
10. Coaching Skills
11. Coaching Philosophy and Sports Psychology
12. Fitness Testing
13. Coaching Technology
14. Sports Nutrition
15. Health, Injuries and Rehabilitation
16. Strength & Conditioning for Special Populations
17. Planning and Managing Strength & Conditioning Programmes
18. Data Management and Sport Specific Studies

Delivery Method

Our bespoke courses are delivered via blended learning. Students study videoed lectures in our online classroom in their own time and at their own pace. We cater to all learning needs as our content is interactive with the option to receive lectures in written form or students can download and listen to them on the go. In addition, we also host onsite workshops where students gather with their fellow classmates and tutors to learn the practical skills of Strength and Conditioning. The practical, face-to-face elements of the course are delivered once every 5 - 6 weeks in the SportsLab; a state of the art facility in Thurles.

Assessment

Course materials are studied in the learners own time, with continuous assessment and attendance at practical workshops making up your final grade. There are no 'final exams' as we believe this approach is not necessarily an accurate measure of each student's skill. Instead, student knowledge is examined via online questionnaires, essay-style projects and assignments where you must apply your knowledge in a practical way.

Accreditation

Our online programmes are accredited by Quality and Qualifications Ireland (QQI) and through the European Union via the European Credit Transfer Accumulation System (ECTS).

Entry Requirements

Applicants must be 18 or over from January 1st on the year of admission and must meet the entry requirements of two C3's in higher level subjects and 4 D3's in ordinary subjects (including English and Maths) in the Leaving Certificate, or equivalent. All applicants may be subject to interview. If you are over 23 you can apply as a mature student.

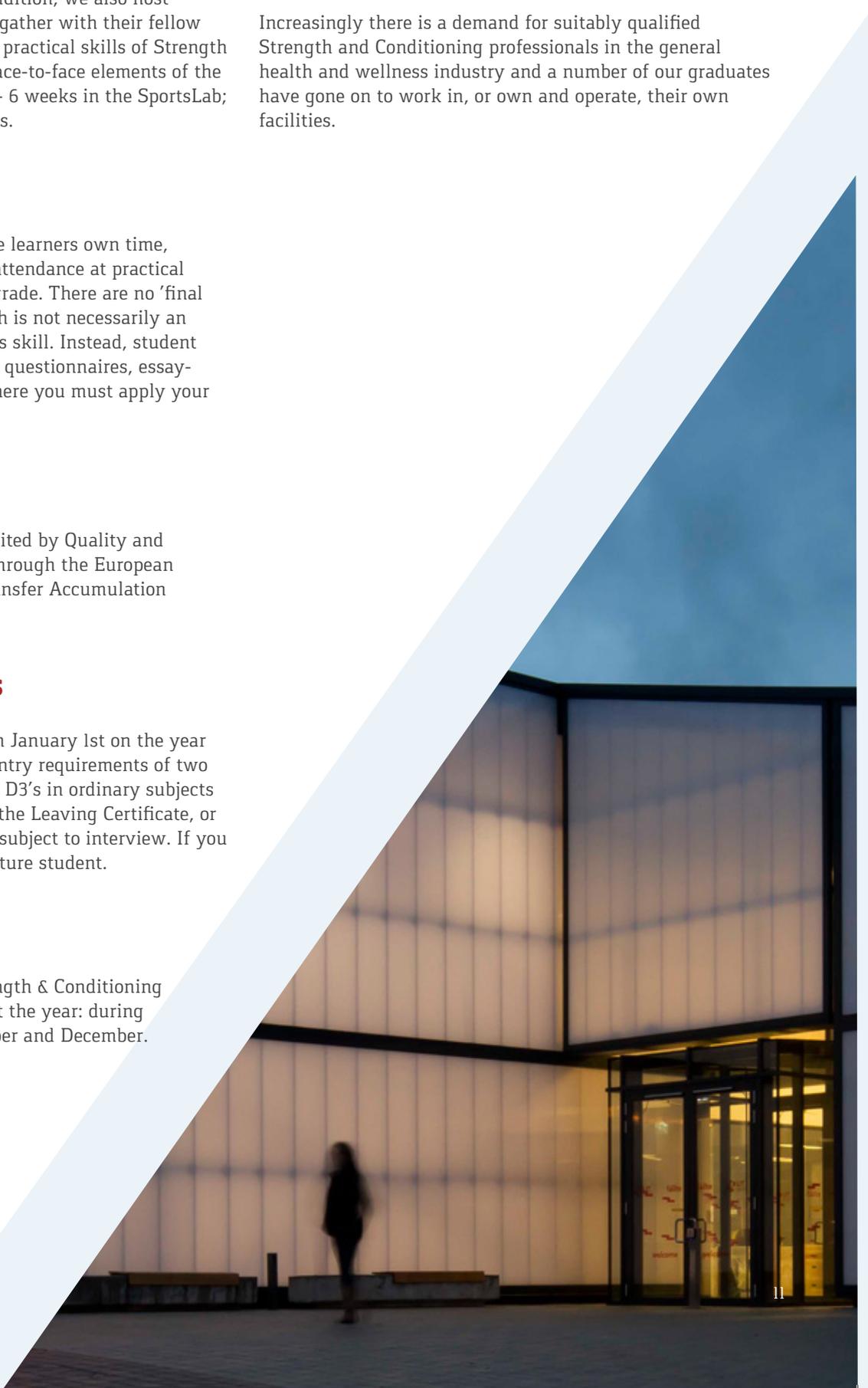
Enrolment Times

We accept students onto our Strength & Conditioning courses at three stages throughout the year: during the first weeks of March, September and December.

Graduates

Setanta College graduates work throughout the world with top professional teams and athletes. Others support their local schools, clubs, special populations, and local community by applying their knowledge to help improve coaching practices and general health and wellbeing.

Increasingly there is a demand for suitably qualified Strength and Conditioning professionals in the general health and wellness industry and a number of our graduates have gone on to work in, or own and operate, their own facilities.



Certificate in Functional Screening and Resistance Training

Level 1 of our Educational Pathway

Setanta College helps our students develop a firm understanding and insight into the ever-changing science of Strength and Conditioning.

Description

We consider this course to be the entry point to becoming a qualified Strength and Conditioning Coach. The Certificate in Functional Screening and Resistance Training is a QQI Level 6 qualification (30 credits) and takes nine months to complete this course.

Modules covered:

The three modules completed in this course are:

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. Number of Workshops: 2.

Resistance Training 1

This module covers the history of Resistance (Strength) Training, addresses the types and functions of Resistance (Strength) Training, focusing on the many forms and modes of training that seek to build more strength and power. Number of Workshops: 2.

Resistance Training 2

In this module we will build on the knowledge gained in Resistance Training 1 and delve deeper into methods and planning of Resistance Training for specific performance goals. We take an in-depth look at elements of core training and barbell and dumbbell exercises, and the performance and coaching of Olympic lifting techniques. Number of Workshops: 3.

Fees and How to Apply

Pay for 3 Modules	Pay for 1 Module
€1,650	€600
Save 8% (€150)	Per Module Price

To apply, simply choose your preferred payment option, complete our online enrolment form and our Student Officer will contact you with everything you will need to commence your studies with Setanta College.

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



Certificate in Strength & Conditioning

Level 2 of our Educational Pathway

This internationally recognised Certificate is designed to suit the working professional and fit flexibly into your daily schedule.

Description

This 18 month Certificate is regarded as the industry standard for specialist Strength and Conditioning Coaches. This course is delivered at QQI Level 6 and provides graduates with a 60 ECTS credits.

Modules covered:

As part of the Certificate in Functional Screening, you will have completed Functional Screening and Resistance Training 1 and 2, and will now advance to:

Resistance Training 3

This module will cover a wide variety of topics related to Resistance Training including a number of RT methods and modes such as power training methods, kettlebell training, blood flow restriction training and many more. The module will also examine resistance training for special populations and provide nutritional information around resistance training performance.
Number of Workshops: 2.

Speed Development

This module aims to examine the characteristics of the sprint athlete and the various components of speed. We'll review literature and coaching methodology that relates to the development of speed over the various stages of development of elite level sport. The module also provides the opportunity to deliver practical coaching of speed related techniques.
Number of Workshops: 2.

Endurance Development

This module discusses and describes the theory and principles of endurance development. It also provides the coach with a large repertoire of exercises, drills and programmes that will enhance the different elements that make up the component of endurance.
Number of Workshops: 2.

Fees and How to Apply

Pay Course Fee in Full	Pay for 3 Modules	Pay for 1 Module
€3,000	€1,650	€600
Save 17% (€600)	Save 8% (€150)	Per Module Price

To apply, simply choose your preferred payment option, complete our online enrolment form and our Student Officer will contact you with everything you will need to commence your studies with Setanta College.

Further qualifications

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

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

Higher Certificate in Strength & Conditioning

Level 3 of our Educational Pathway

Our Strength and Conditioning courses will give you the qualification, knowledge and practical skills-set to become a confident and sought-after Coach.

Description

This QQI Level 6 programme is designed to produce coaches equipped with the knowledge and skills to independently administer a medium to long-term sport, health and fitness, physical activity, and Strength and Conditioning programme of development. It takes 3 years to complete our part-time, blended learning programme.

Modules

Having completed the first 6 modules on the pathway, students will now study:

Anatomy, Physiology, and Biomechanics

In general it covers the various systems of the body and in particular the skeletal system, the cardiovascular system, the nervous system and the muscular system. It examines how energy is provided; how the muscles and nerves integrate to provide movement in sport. Number of Workshops: 1.

Growth, Movement and Development

This module examines the growth and development of both fine and gross motor skills from infancy through to the early teenage years. It examines the important physical movement milestones along the way and considers the relationship between general movement skills and sport specific skills. Number of Workshops: 2.

Long Term Player or Athlete Development

The module examines the origins and principles of long term athletic planning as well as the stages of development within a range of models/age groups. Number of Workshops: 1.

Coaching Skills

This module focuses not only on the theories that underpin skill development but it also provides many practical examples of exercises, drills, and games that can enhance the coach's practice in delivering a comprehensive overall skill development programme. Number of Workshops: 2.

Coaching Philosophy and Sports Psychology

This module aims to provide the opportunity to the student to acquire knowledge, skill and competence in establishing their own personal philosophy that will be reflected within their role as a Strength and Conditioning Coach. Number of Workshops: 2.

Fitness Testing

This module introduces the coach to fitness testing for sport in general. It examines the rationale behind testing and the validity and reliability needed in the testing process. While it examines laboratory testing, it concentrates principally on field testing which can be carried out by the coach on his or her own athletes and players. Number of Workshops: 2

Fees and How to Apply

Pay Course Fee in Full	Pay for 3 Modules	Pay for 1 Module
€6,000	€1,650	€600
Save 17% (€1,200)	Save 8% (€150)	Per Module Price

To apply, simply choose your preferred payment option, complete our online enrolment form and our Student Officer will contact you with everything you will need to commence your studies with Setanta College.

Further Qualifications

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

- BSc in Strength & Conditioning



BSc in Strength and Conditioning

Level 2 of our Educational Pathway

Our content has been developed from world renowned authors and practitioners in the field of Strength and Conditioning.

Description

The BSc degree course is comprised of 18 modules delivered over 4.5 years. The Bachelor of Science in Strength and Conditioning has now become an industry leading sport coaching qualification. It is QQI Level 7 and awards students 180 credits.

Modules

Upon completing the Higher Certificate in Strength and Conditioning (12 modules), students will now study the remaining 6 modules:

Coaching Technology

The aim of this module is to provide the opportunity to the learner to acquire specialist skills in using key technologies currently being used in elite sport. The module explores the ever changing world of sport technology and assesses the practical application of new technologies in training, coaching, and competition. Number of Workshops: 2.

Sports Nutrition

This module introduces the learner to key areas of sports nutrition. It deals primarily with general principles, but draws on examples from various sports to illustrate the nutritional goals of athletes and players in training and competition and highlights some of the dietary strategies that can be employed to meet those goals. Number of Workshops: 2.

Health, Injuries, and Rehabilitation

The module aims to provide a coach-focused description of common health related illnesses and medical conditions that may occur in any sporting environment. The module also aims to clarify the role of the Strength and Conditioning Specialist in injury management and their role within the sport support team in relation to injury preventive and rehabilitation practices. Number of Workshops: 1.

Strength and Conditioning for Special Populations

This module evaluates the effectiveness of physical activity initiatives and programmes that promote exercise and fitness; and teaches the student to formulate progressive programmes of Strength and Conditioning to a variety of special populations. Number of Workshops: 1.

Planning and Managing Strength & Conditioning Programmes

This module tests the learner in applying their knowledge, skills, and competencies in designing, implementing, and monitoring athletic development programmes for a range of athletes over extended periods of time. This module focuses on the ability to design, plan, lead and manage a working Strength and Conditioning programme. Number of Workshops: 1.

Data Management and Sport Specific Studies

This module leads the coach to examine the specific fitness demands of his or her own sport as well as developing the ability to carry out a needs analysis of those who participate in the sport at the highest level. Number of Workshops: 2.

Fees & How to Apply

Pay Course Fee in Full	Pay for 3 Modules	Pay for 1 Module
€9,000	€1,650	€600
Save 17% (€1,800)	Save 8% (€150)	Per Module Price

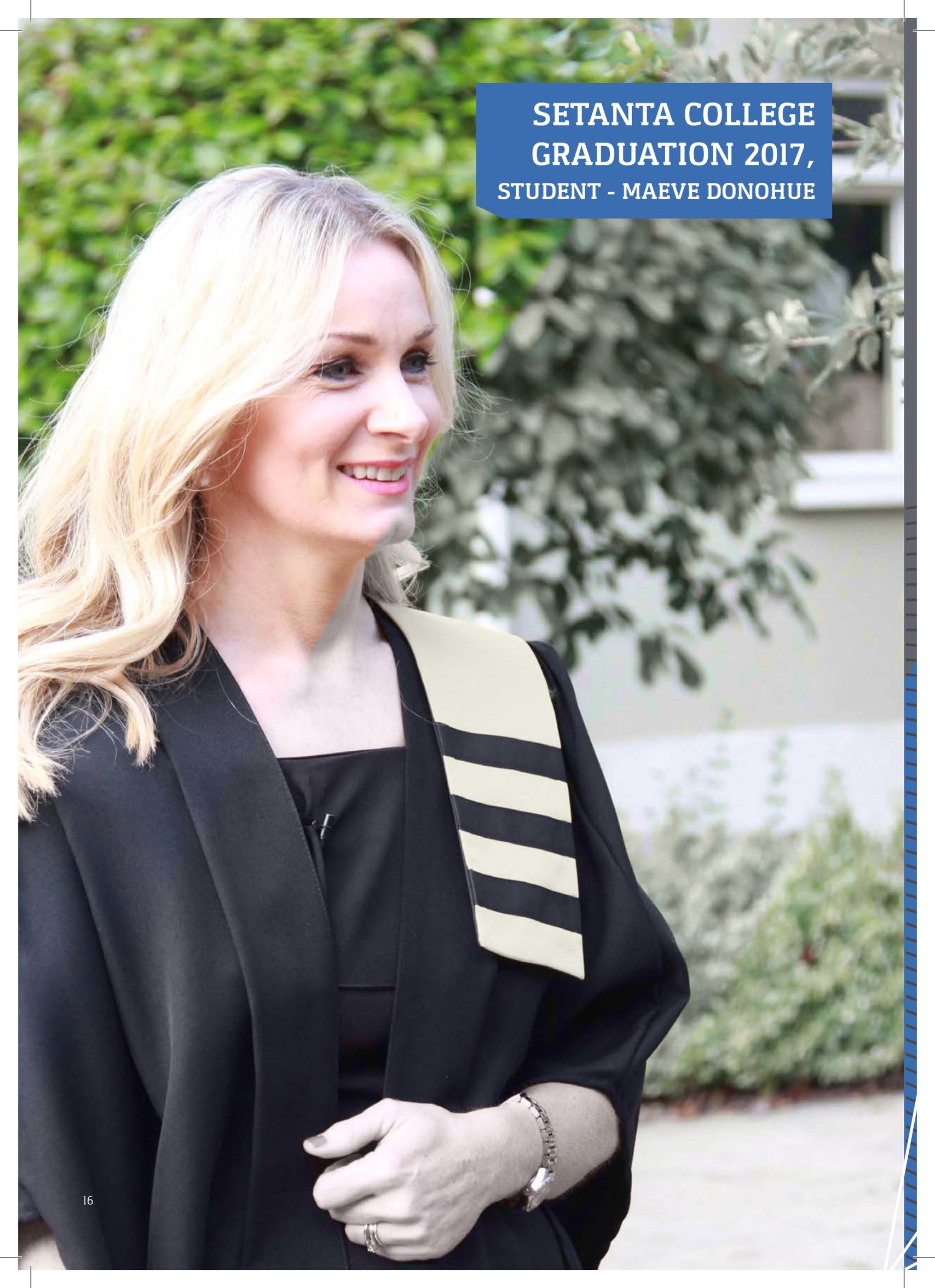
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Further qualifications

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

- Professional Masters Programme in Performance Science





**SETANTA COLLEGE
GRADUATION 2017,
STUDENT - MAEVE DONOHUE**

Student Testimonials

Kim Turner Irish Defence Forces

Kim is a Setanta College graduate of the Certificate in Functional Screening and Resistance Training.

"With Setanta College, I have the flexibility to learn online, whilst working full time within the Defence Forces. In studying with the college, I'm acquiring a diverse skill set for life and for my profession. Setanta College sets high standards and has fantastic tutors and other support staff who are readily available to assist if required."

Paul Dunne Owner, LifeFit Gym

Paul is a Setanta College graduate of the Certificate in Strength & Conditioning.

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

Dean Lester Personal Trainer

Dean is a Setanta College graduate of the Higher Certificate in Strength & Conditioning.

"After a lot of searching I came across Setanta College and decided this was the most practical course to take me on my way to a BSc in Strength and Conditioning. It allowed me to study and run a full time business, it has really helped my career develop and move forward. The support and network that Setanta College can provide are beyond my expectations, I have been shortlisted as an intern with a professional rugby team and an international rugby team. Already, they are going above and beyond to help me achieve my goal of working in elite sport. Setanta College is without doubt the leading provider in this country if you are seeking a career in Strength and Conditioning or the fitness industry in general. I couldn't recommend them enough."

Stephen Harold Strength and Conditioning Coach, Personal Trainer, runs Elite Fitness Centre

Stephen is a Setanta College graduate of the BSc in Strength & Conditioning.

"I would highly recommend anyone that is interested in pursuing a career in Strength and Conditioning to contact Setanta College. The balance between curricular and practical activities is excellent and gives you the capabilities to implement the knowledge in both environments; the gym or the pitch. I have learned a great deal from Setanta College over the years and it has contributed greatly in helping me develop my own business and my career coaching teams."





Delivering programmes in Sports Performance, Coaching Science, Exercise, Wellness, and Research with our Educational Partners and Organisations



Setanta College offers education programmes to a number of Universities and representative bodies, across a range of sports, with the aim to provide a structured introduction to becoming a qualified Strength and Conditioning Coach.

Universities

We are proud to support the campus based BSc in Strength and Conditioning Programmes of the University of South Wales and BSc and MSc programmes delivered by Limerick Institute of Technology.



Sports Organisations

Setanta College is the official education partner to World Rugby with over 40,000 coaches from around the world interacting with bespoke rugby Strength and Conditioning programmes. We also partner with many representative bodies to provide industry leading online education for their members.



Community Initiatives

The community initiatives we support have key objectives, such as child and player welfare, long term athletic development, increased physical activity and higher participation numbers. These key objectives are underpinned by the provision of quality training programmes, which result in better coaches, providing safer, better-organised and quality coaching sessions. Initiatives undertaken include a pilot programme with the Tipperary Fire Service, the Irish National Teachers Association and various youth specific development programmes held in conjunction with clubs and schools nationwide.



Strength
Endurance

Agility
Flexibility

Protein
Exercise
Cardiovascular
Health

Weight
Fitness

Shape
Workout

Stamina
Enthusiasm

Aerobic




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