

## **Frequently Asked Questions**

### **1. What do I need to get on to the course?**

No formal qualifications are required but an opportunity to work with an adult team in the incoming year is essential

### **2. How long is the course?**

One academic year, beginning in October 2009 and finishing in May 2010

### **3. When does the course begin?**

Wednesday 7<sup>th</sup> October 2009

### **4. What is the course about?**

<b>Preparation and Planning</b>	Health screening (PAR Q) and Principles of Fitness training
<b>Exercise Physiology</b>	Introduction to Anatomy and Physiology
<b>Fitness Assessment</b>	Introduction to testing protocols
<b>Muscular Strength and Core Development</b>	Introduction to good Strength training technique and Principles of Core Strength
<b>Sports Technologies applied</b>	Heart rate monitoring – using polar watch, computer systems and Utilising Team GPS Systems in training
<b>Development of training components</b>	Functional Training for Gaelic Games
<b>Development &amp; Design of training programmes</b>	Designing programmes for training components and Implementing training programmes into games and drill activities
<b>Video Technologies</b>	Performance analysis in Gaelic Games
<b>Biomechanical Principles</b>	Qualitative Performance Biomechanics for Gaelic Games
<b>Nutrition</b>	Introduction to Sports Nutrition
<b>Sport Psychology</b>	Introduction to Sport Psychology

### **5. How will I be assessed?**

Refer to Course Specification

### **6. What Qualification will I achieve?**

University College Certificate from St Marys College

### **7. How much will this course cost me?**

Course Fee £300.00. Ulster GAA have made available a number of bursaries that can be applied for at time of application.

### **8. How do I apply?**

Application forms available from [www.smucb.ac.uk](http://www.smucb.ac.uk) or [www.ulstergaa.ie](http://www.ulstergaa.ie)