lyit

Institiúid Teicneolaíochta
Leitir Ceanainn
Letterkenny Institute
of Technology

MSc in Sports Performance Practice

Level 9
1 year Full-Time
2 years Part-Time

PROGRAMME DETAILS

The aim of this course is to provide learners with a broad knowledge of sports performance practice and an expert knowledge in specialist areas of the science of sport performance (i.e. Exercise Physiology, Sports Nutrition, Strength & Conditioning and Performance Analysis). It will develop applied techniques which will enable learners to pursue a career in Sports Performance, Strength & Conditioning, Exercise Physiology, Performance Analysis, Research, Education, Coaching or other science-based professions.

This programme responds to the demand within industry for motivated and highly skilled graduates who have either a broad knowledge of Sport Science or a specific knowledge of an area of Applied Sport Science.

Students will have the opportunity to conduct independent research in a sports performance topic of their choice.

KEY INFORMATION

Level 9 | Full-Time/ Part-Time | Duration - 1 Year

Programme Delivery

> Blended online and on campus delivery to suit learners in full-time and part-time work

Follow-On Courses

> PhD

> Professional Doctorate

Minimum Entry Requirements 2021

Applicants should have a Level 8, or an equivalent qualification which will be sport related.
Or non-sport degree graduates who have a significant work experience in a related sport industry can apply via our RPL process.

MODULES YOU WILL STUDY:

Year 1	
SEMESTER 1	SEMESTER 2
Sports Nutrition	Strength & Conditioning
Physiology of Sport & Exercise	Sports Performance Analysis
Research Methods	Professional Practice
Data Analytics	Dissertation (Elective)
	Work Based Learning Research Project (Elective)

CAREER OPPORTUNITIES

- Sport Scientist
- Performance Nutritionist
- Performance Analyst
- Sports Leadership & Management
- Exercise Physiologist
- Strength & Conditioning Coach
- High Performance Sports Coach

FURTHER INFORMATION

Department Administration:

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