

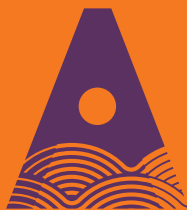


Ollscoil
Teicneolaíochta
an Atlantaigh

Atlantic
Technological
University

MSc
Sports Performance
Practice





Programme Details

The aim of this programme 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). The course develops applied techniques and professional skills that will enable learners to pursue and develop a career in sport, including Teaching and Education, Coaching, Strength & Conditioning, Exercise Physiology, Performance Analysis, Research and other applied science based professions.

Learners will have the opportunity to conduct independent research in a sports performance topic of their choice, with the option to complete this in the workplace.

Key Information

Level 9

Full-Time/ Part-Time

Duration - 1 year / 2 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

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

Semester 1

- Sports Nutrition
- Physiology of Sport & Exercise
- Research Methods
- Data Analytics

Semester 2

- Strength & Conditioning
- Sports Performance Analysis
- Professional Practice
- Dissertation (Elective)
- Work Based Learning Research Project (Elective)

Career Opportunities

The programme provides high-quality professional development to enable learners to pursue and develop a career in the sport sector, including:

- > Sport Scientist
- > Performance Nutritionist
- > Performance Analyst
- > Sports Leadership & Management
- > Exercise Physiologist
- > Strength & Conditioning Coach
- > High Performance Sports Coach
- > Teacher & Physical Educator
- > Research & Innovation





Further Information

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Visit our website:

www.lyit.ie/CourseDetails/D404/LY_HSPEF_M/SportsPerformancePractice