

# DEPARTMENT OF LAW & HUMANITIES



There are three areas of study within this Department: Law, Sports and Languages. Each area of study offers exciting and varied career prospects to graduates, whether they wish to work in local businesses or travel abroad to different organisations overseas.

The courses appeal to people with an interest in how law impacts our everyday lives, how sports studies and coaching can transform health performance, and how learning languages and transferable skills can open pathways to many different career opportunities. If you are interested in developing your interest in any of these areas, then your future starts here.

## Contact Us

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## CAO Course Listing

| CAO Code | CAO Course Title   |
|----------|--|
| LY208    | LLB (Hons)   |
| LY218    | Bachelor of Arts (Hons) in Business with Irish/Spanish   |
| LY228    | Bachelor of Science (Hons) in Sports & Exercise with Degree Award Options: Performance or Physical Education |
| LY207    | Bachelor of Arts in Law with Degree Award Options: Criminal Justice or Irish or Spanish                      |
| LY206    | Higher Certificate in Sports Studies   |



Law

LLB (Hons)

**National Framework:** Level 8  
**CAO Code:** LY208  
**Duration:** 3 years  
**Number of Places:** 50  
**Reserved Quota:** 10 - QQI FET Applicants

Points in Recent Years:



| Year | Final | Median |
|------|-------|--------|
| 2018 | 270   | 318    |
| 2019 | 300   | 359    |

Is this course for you?

This course is a three-year honours law degree. The course has approved degree status with King’s Inns and qualifying law degree status with the Institute of Professional Legal Studies (Northern Ireland).

It combines the study of the core areas of law with new and emerging areas of legal study such as alternative dispute resolution, human rights, media law and street law. Third year students have the opportunity to undertake a work placement and other clinical/practical modules based on experiential learning.

Career opportunities

Successful graduates find themselves working in the following sectors:

- Legal Profession
- Law Enforcement
- Journalism
- Social Work
- Advocacy
- Civil Service

Professional recognition

- Accredited law degree by King’s Inns
- Accredited law degree by the Institute of Professional Legal Studies (Northern Ireland).
- Approved law degree to sit the final examination of the Law Society – first part FE1

**Minimum Entry Requirements:**

**Minimum Six O6/H7**

**English or Irish O6/H7**

**At least two H5**

Graduate careers typically include:

- Solicitor or barrister
- Legal Executive
- Company Secretary
- Legal Advisor
- Researcher
- Journalist
- Banking & Finance Solicitor



## What will I study?

|        | Semester 1                                 | Credits | Semester 2                                 | Credits |
|--------|--|---------|--|---------|
| Year 1 | Learning Law with ICT Skills (M)           | 10      | Contract Law (M)                           | 10      |
|        | The Irish Legal Systems (M)                | 10      | Constitutional Law 2 (M)                   | 5       |
|        | Foundations of Law (M)                     | 5       | Employment Law (M)                         | 5       |
|        | Constitutional Law 1 (M)                   | 5       | Criminal Law (M)                           | 10      |
| Year 2 | Family & Child Law (M)                     | 10      | Administrative Law (M)                     | 10      |
|        | Land and Succession Law (M)                | 10      | Company Law & Governance (M)               | 10      |
|        | Tort (M)                                   | 10      | Jurisprudence (M)                          | 5       |
|        |  |         | Choose one of the following Electives (E): |         |
| Year 3 | European Union Law (M)                     | 10      | Equity and Trust (M)                       | 10      |
|        | Human Rights (M)                           | 10      | Evidence (M)                               | 10      |
|        | Choose one of the following Electives (E): |         | Choose one of the following Electives (E): |         |
|        | Alternative Dispute Resolution             | 10      | Law in Action                              | 10      |
|        | Conveyancing                               | 10      | Media Law                                  | 10      |
|        | Criminal Practice & Procedure              | 10      | Workplace Learning                         | 10      |
|        | Civil Practice & Procedure                 | 10      | Street Law                                 | 10      |

(M) = Mandatory, (E) = Elective

LYIT reserves the right to select which elective modules will run depending on demand and availability of resources.

## Follow-on courses

- Master of Arts/PG Diploma in Governance, Compliance & Data Protection in Financial Services
- Masters degrees in institutes and universities at home and abroad





# Business with Irish/ Spanish

## Bachelor of Arts (Hons) in Business with Irish/Spanish

**National Framework:** Level 8  
**CAO Code:** LY218  
**Duration:** 4 years  
**Number of Places:** 30  
**Reserved Quota:** 10 - QQI FET Applicants

### Points in Recent Years:



| Year | Final | Median |
|------|-------|--------|
| 2018 | 229   | 291    |
| 2019 | 298   | 367    |

### Is this course for you?

Do you have business flair and enjoy learning about different cultures? Are you interested in the possibility of an immersive language placement in Ireland or Spain. This course combines the study of business with languages and will provide you with a strong advantage in the international jobs market. Students will study Irish or Spanish at post-Leaving Certificate level. In the third year students will work or study abroad to develop their language skills and improve their intercultural awareness.

### Career opportunities

Successful graduates find themselves working in the following sectors:

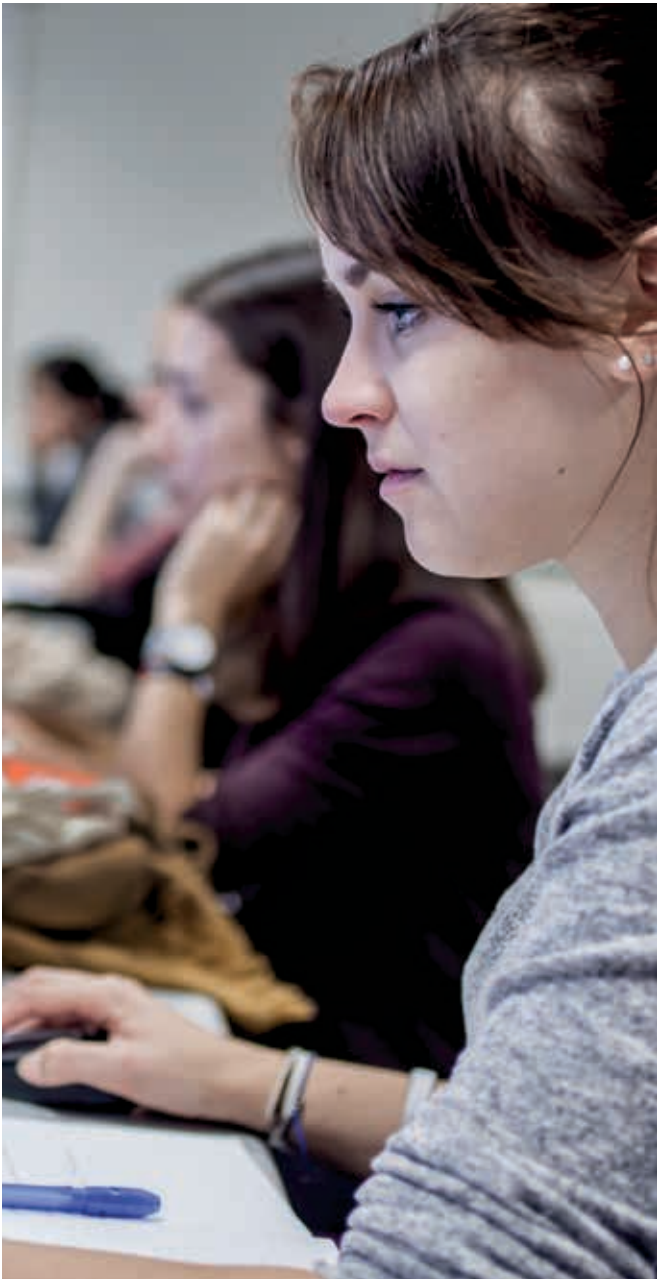
- Multinational Companies
- Small and Medium Sized Enterprises
- Consultancy
- Public Sector Bodies
- Education

### Graduate careers typically include:

- Interpreter
- Secondary School Teacher
- Translator

### Minimum Entry Requirements:

Minimum Six O6/H7  
Maths O6/H7  
English or Irish O6/H7  
At least two H5  
Chosen language O6/H7



## What will I study?

|        | Semester 1  | Credits | Semester 2  | Credits |
|--------|---|---------|---|---------|
| Year 1 | Learning to Learn & ICT (M)   | 5       | Writing Skills (M)  | 5       |
|        | Business Management (M)   | 10      | Basic Business Statistics (M)   | 5       |
|        | Business Law (M)  | 5       | Economics 1 (M)   | 5       |
|        | Fundamentals of Marketing (M)   | 5       | Introduction to Accounting (M)  | 10      |
|        | Language & Culture 1 (Irish/Spanish) (M)  | 5       | Language & Culture 2 (Irish/Spanish) (M)  | 5       |
| Year 2 | Business Information Systems (M)  | 10      | Intercultural Communications (M)  | 5       |
|        | Basic Business Statistics 2 (M)   | 5       | Economics 2 (M)   | 5       |
|        | Marketing Principles (M)  | 5       | Professional Development & Pedagogy (M)   | 5       |
|        | Introduction to the Teaching English (M)  | 5       | HRM & Employee Relations (M)  | 10      |
|        | Language & Culture 3 (Irish/Spanish) (M)  | 5       | Language & Culture 4 (Irish or Spanish) (M)   | 5       |
| Year 3 | Choose from the following Electives (Students taking Irish must take E1, students of continental languages must take E2 or E3): |         | Choose from the following Electives (Students taking Irish must take E1, students of continental languages must take E2 or E3): |         |
|        | Language & Culture 5 (Irish) (E1)   | 10      | Language & Culture 5 (Irish) (E1)   | 10      |
|        | Irish Language Work Place Learning (E1)   | 20      | Irish Language Work Place Learning (E1)   | 20      |
|        | Work Placement Abroad (E2)  | 30      | Work Placement Abroad (E2)  | 30      |
|        | Study Abroad (E3)   | 30      | Study Abroad (E3)   | 30      |
| Year 4 | Choose one 10 credit Elective (E):  | 10      | Choose one 10 credit Elective (E):  | 10      |
|        | Language & Culture 6 (Spanish) (E)  | 10      | Language & Culture 7 (Spanish) (E)  | 10      |
|        | Irish Language & Culture 7 (E)  | 10      | Irish Language & Culture 8 (E)  | 10      |
|        | The Macroeconomic Environment (M)   | 5       | Organisational Change (M)   | 10      |
|        | Digital Business (M)  | 10      | Research Methodologies & Dissertation (M)   | 10      |
|        | Introduction to Research (M)  | 5       |   |         |

(M) = Mandatory, (E) = Elective

## Follow-on courses

- Master of Science in Marketing Practice
- Master of Science in Management Practice
- Masters degrees in institutes and universities at home and abroad

## Sports & Exercise (Common Entry)

### Bachelor of Science (Hons) in Sports & Exercise with Degree Award Options: Performance or Physical Education

**National Framework:** Level 8  
**CAO Code:** LY228  
**Duration:** 4 years  
**Number of Places:** 60  
**Reserved Quota:** 10 - QQI FET Applicants

#### Points in Recent Years:



| Year | Final | Median |
|------|-------|--------|
| 2018 | 263   | 317    |
| 2019 | 278   | 300    |

#### Is this course for you?

Do you have a love of sport? This 4 year programme has been designed for students who wish to study sport and exercise at third level, with the option of specialising in either sports performance or physical education studies.

The first two years of the programme provide the core foundation of the degree. Years three and four allow specialisation whereby you choose your preferred stream, either sports performance or physical education studies.

The performance stream pairs research theory with a range of applied performance related areas including strength and conditioning, psychology and nutrition. The education stream pairs research theory with curriculum based instructional models that focus on how physical activity and sport can be taught through games, aquatics, gymnastics, dance, athletics and outdoor adventure education.

## Career opportunities

Successful graduates find themselves working in the following sectors:

- Sports Performance
- Leisure
- Fitness
- Physical Education

## Graduate careers typically include:

- Physical Education (after completion of a relevant postgraduate course in Physical Education at universities such as University of Limerick, Ulster University, Loughborough University, University of the West of Scotland, Edge Hill University and Liverpool John Moores University). However, it should be noted that admission to postgraduate courses in Physical Education is not automatic. In addition to getting an Honours Degree candidates must usually pass an interview.
- Sports Coaching
- Personal Trainer
- Fitness Instructor
- Health Promotion Specialist
- Sports Development Officer
- Leisure Centre Manager
- Sports Agency Administrator

## Special requirements

**Garda vetting:** This programme may bring students into contact with vulnerable adults or children, therefore Garda Vetting is required. Applicants will be unable to go on placement or complete the course requirements until vetting is satisfactorily completed. Registration is temporary until such time as vetting is satisfactorily completed.

### Minimum Entry Requirements:

**Minimum Six O6/H7  
Maths O6/H7  
English or Irish O6/H7  
At least two H5**

## What will I study?

|        | Semester 1   | Credits | Semester 2                                   | Credits |
|--------|--|---------|--|---------|
| Year 1 | Sports Study Skills (M)                                    | 10      | Exercise Prescription & Programme Design (M) | 10      |
|        | Health Related Physical Activity (M)                       | 10      | Sports Performance Leadership (M)            | 10      |
|        | Sports Coaching Practice (M)                               | 5       | Anatomy & Physiology (M)                     | 10      |
|        | Sports & Leisure Society (M)                               | 5       |  |         |
| Year 2 | Biomechanics and Movement Analysis (M)                     | 10      | Performance Analysis (M)                     | 10      |
|        | Sports Frameworks: Social, Psychological & Pedagogical (M) | 10      | Exercise Physiology (M)                      | 10      |
|        | Sports Nutrition & Hydration (M)                           | 10      | Foundation to Strength & Conditioning (M)    | 10      |

## Degree Award Option: Sport & Exercise with Performance

|        | Semester 1                              | Credits | Semester 2   | Credits |
|--------|---|---------|--|---------|
| Year 3 | Introduction to Sports Psychology (M)   | 5       | Choose one of the following 30 Credit Electives (E):<br>Work Placement (E1)<br>Erasmus Placement (E1)  |         |
|        | Personal Fitness Instruction (M)        | 10      |  | 30      |
|        | Health Promotion Practice (M)           | 10      |  | 30      |
|        | Developing as a Sports Practitioner (M) | 5       |  |         |
| Year 4 | Applied Sports Nutrition (M)            | 10      | Research Project - Performance (M)   | 20      |
|        | Applied Sports Psychology (M)           | 10      | Choose one 10 Credit Elective (E):<br>Applied Sport & Exercise Physiology<br>Applied Strength & Conditioning<br>Applied Performance Analysis<br>(Note: Only one or two elective modules will run in any given academic year) |         |
|        | Research Methods Performance (M)        | 10      |  | 10      |

## Degree Award Option: Sport & Exercise with Physical Education

|        | Semester 1   | Credits | Semester 2  | Credits |
|--------|--|---------|---|---------|
| Year 3 | Introduction to Sports Psychology (M)              | 5       | Choose one of the following 30 Credit Electives (E):<br>Work Placement (E1)<br>Erasmus Placement (E1) |         |
|        | Physical Education & Adapted Physical Activity (M) | 10      |   | 30      |
|        | Movement Studies: Gym & Dance (M)                  | 10      |   | 30      |
|        | Developing as a Physical Educator (M)              | 5       |   |         |
| Year 4 | Applied Sports Nutrition (M)                       | 10      | Research Project - Education (M)  | 20      |
|        | Adventure & Aquatics (M)                           | 10      | Athletics & Games (M)   | 10      |
|        | Research Methods Education (M)                     | 10      |   |         |

(M) = Mandatory, (E) = Elective

## Follow-on courses

- Masters degrees in institutes and universities at home and abroad
- Master of Science in Sports Performance Practice at LYIT





BSc (Hons) in Sport & Exercise with  
Physical Education, LYIT (2018)

"I am excited to embark on my  
dream career as a PE Teacher"

# Lisa Shiels

## Always dreamed of a PE Teaching Qualification

Having just completed the Leaving Certificate, Lisa Shiels began her third level education journey at LYIT in 2010. Lisa's love for all things sport encouraged her to study on the Bachelor of Business in Sports Development and Coaching programme at LYIT.

**"I loved campus life. I played for the LYIT ladies GAA team. I was delighted to receive a scholarship in Year 4 of my studies".**

"There was lots to get involved in. I love athletics and I have represented Ireland Internationally. The Scholarship helped to fund my sporting trips which was fantastic. I loved every minute at LYIT and I made so many friends that I am still in touch with all the time. The nightlife was amazing, we had many fun times. Being originally from Donegal, I enjoyed being so close to home".

"The lecturers were great, we had some lectures in theatres and we had lots of practical lectures in the gym facilities within the college. The programme also had a work placement module. I got to go back to my secondary school for my work placement. This was a really proud moment for me. I got to see what PE Teaching would really be like as a career and hands on experience of what was involved. I really enjoyed it and it strengthened my love of the career even more.

Having graduated in 2014, Lisa had always dreamed of a career in PE teaching. Having been unsuccessful in progressing to The Professional Master of Education in Physical Education, Lisa decided to take a break from her studies and set out on her travels to Australia.

"During my time in Australia, I was lucky to do a lot of travelling around and seeing different cities and towns. I worked as a Sports Development Officer in the University of Queensland and I coached athletics. This was a great experience and I learned so much during this time. It was wonderful to be able to travel the world and work in the area of sport, which I enjoyed."

"I returned home in 2017 and the dream of becoming a PE Teacher was still with me. I didn't know how to go about achieving this dream. I met one of my lecturers from LYIT who told me that a new Bachelor of Science Honours with Sports and Exercise programme had been developed and that it had the missing modules that I needed in order to progress to the Masters programme in UL. I joined this programme in 2017. I felt both excited and nervous to be back studying again but I enjoyed being back at LYIT and felt like I was getting a step closer to my PE Teaching goal".

After successful completion of this programme, Lisa reapplied for The Professional Master of Education in Physical Education and was successfully granted a place in the University of Limerick (UL).

"Anybody wishing to pursue a career in PE Teaching is very fortunate to have the option at LYIT today. The Sports and Exercise programme at LYIT PE stream includes all modules required by Teaching Council and enables students to progress to complete a masters programme in PE Teaching at UL".

Lisa has just completed her Master in Education, Physical Education at UL in 2020 and has been offered a job as a PE Teacher. "I am excited to embark on my dream career as a PE Teacher", says Lisa.

# Law with Criminal Justice/Irish/Spanish

## Bachelor of Arts in Law with Criminal Justice/Irish/Spanish

**National Framework:** Level 7  
**CAO Code:** LY207  
**Duration:** 3 years  
**Number of Places:** 70  
**Reserved Quota:** 10 - QQI FET Applicants

### Points in Recent Years:



| Year | Final | Median |
|------|-------|--------|
| 2018 | 160   | 309    |
| 2019 | 160   | 330    |

### Is this course for you?

Do you have an interest in how law is practiced and what it means in our everyday lives? Legal education provides entry to a range of rewarding and stimulating careers. Fascinated by criminal law? Interested in a career as a lawyer? This exciting programme allows you to combine the study of a law degree with criminal justice or a language. You will also have the opportunity for work placement or street law which involves teaching Law to the community or local schools. If you are interested in crime, criminology, conflict resolution and practical application of the law then the criminal justice minor will provide a gateway to a wide range of exciting careers. You may choose instead to combine your law degree with the study of a language. We offer Irish or Spanish from post Leaving Certificate level. Language students will have the opportunity to study abroad at one of our partner institutions for one semester.

### Career opportunities

Successful graduates find themselves working in the following sectors:

- Legal Profession
- Law Enforcement
- Journalism
- Social Work
- Advocacy
- Civil Service
- Public Service

### Professional recognition

- Accredited law degree by King's Inns
- Accredited law degree by the Institute of Professional Legal Studies (Northern Ireland).
- Approved law degree to sit the final examination of the Law Society – first part FE1

### Graduate careers typically include:

- Solicitor or Barrister
- Legal Executive
- Civil Service Regulatory Bodies Careers in Criminal Justice – Gardaí, Advocacy, Probation, Social Work
- Company Secretary
- Legal Advisor
- Researcher
- Journalist

### Minimum Entry Requirements:

**Minimum Points Score 160**

**Minimum Five O6/H7**

**English or Irish O6/H7**

**If choosing language - chosen language F2/O6/H7**

## What will I study?

|        | Semester 1   | Credits | Semester 2  | Credits |
|--------|--|---------|---|---------|
| Year 1 | Learning Law with ICT Skills (M)   | 10      | Contract Law (M)  | 10      |
|        | The Irish Legal System (M)   | 10      | Criminal Law (M)  | 10      |
|        | Foundations of Law (M)   | 5       | Constitutional 2 (E1)   | 5       |
|        | Constitutional 1 (E1)<br>(Learners taking Criminal Justice stream take E1)   | 5       | Introduction to Criminal Justice (E2)   | 5       |
|        | Language & Culture 1 (Spanish/Irish) (E2)<br>(Learners taking the Criminal Justice stream take E1)<br>(Learners taking the Language stream take E2)                      | 5       | Language & Culture 2 (Spanish/Irish) (E3)<br>(Learners taking the Criminal Justice stream take E1 and E2)<br>(Learners taking the Language stream take E1 and E3)         | 5       |
| Year 2 | Family & Child Law (M)   | 10      | Company Law & Governance (M)  | 10      |
|        | Land & Succession Law (M)  | 10      | Administrative Law (E1)   | 10      |
|        | Constitutional Law 1 (E1)  | 5       | Mooting (E2)  | 5       |
|        | Criminal Practice & Procedure (E2)   | 5       | Employment Law (E3)   | 5       |
|        | Victimology (E3)   | 5       | Language & Culture 4 (Spanish/Irish) (E5)<br>(Learners taking the Criminal Justice stream take E1, E2 & E3)<br>(Learners taking Language take E1, E5 and either E2 or E3) | 5       |
|        | Language & Culture 3 (Spanish/Irish) (E4)<br>(Learners taking the Criminal Justice stream take E2 and E3)<br>(Learners taking the language stream take E1 and E4)        | 5       |   |         |
| Year 3 | Tort (M)   | 10      | Law Reform Project (E1)   | 10      |
|        | Alternative Dispute Resolution (E1)  | 10      | Equity & Trusts (E1)  | 10      |
|        | Civil Practice & Procedure (E1)  | 5       | Workplace Learning (E2)   | 10      |
|        | Conveyancing (E1)  | 5       | Street Law (E2)   | 10      |
|        | Language & Culture 5 (Spanish/Irish) (E2)<br>(Learners taking the Criminal Justice stream take E1)<br>(Learners taking the Language stream take E2, and 10 ECTS from E1) | 10      | Law in Action (E2)  | 10      |
|        |  |         | Media Law (E2)  | 10      |
|        |  |         | Irish Language & Culture 6 (E3)   | 10      |
|        |  |         | Irish Language Workplace Learning (E3)  | 20      |
|        |  |         | Work Placement Abroad (E4)  | 30      |
|        |  |         | Study Abroad (E5)<br>(Learners taking the Criminal Justice Stream take E1 and one of E2)<br>(Learners taking the Language stream take either E3, E4 or E5)                | 30      |
|        |  |         |   |         |

(M) = Mandatory, (E) = Elective

(Note: E1 - E5 are electives for each of the various specialisms on offer).

LYIT reserves the right to select which elective modules will run depending on demand and availability of resources.



# Bachelor of Arts (Hons) in Law with Criminal Justice/Irish/Spanish

## What will I study?

|        | Semester 1  | Credits | Semester 2   | Credits |
|--------|---|---------|--|---------|
| Year 4 | Human Rights (M)  | 10      | Criminology (E1)   | 10      |
|        | European Union Law (E1)   | 10      | Evidence (E2)  | 10      |
|        | Restorative Justice (E2)  | 10      | Law Reform Project (E3)  | 10      |
|        | Civil Practice & Procedure (E3)   | 5       | Jurisprudence (E4)   | 5       |
|        | Language & Culture 6 (Spanish) (E4)   | 10      | Health Law (E4)  | 5       |
|        | Irish Language & Culture 7 (E4)<br>Learners taking the Criminal Justice stream take E1 and E2. Learners taking the Language stream take E1, and one of E4. Learners taking the Grada stream take E2 and E3. | 10      | Equity & Trusts (E5)   | 10      |
|        |   |         | Irish Language & Culture 7 (E6) (Spanish)  | 10      |
|        |   |         | Irish Language & Culture 8 (E6)<br>Learners taking the Criminal Justice stream take E1, E2 and E4. Learners taking the Language stream take E2 and either E4 or E5, and 1 of E6. | 10      |

(M) = Mandatory, (E) = Elective

(Note: E1 - E4 are electives for each of the various specialisms on offer).

## Follow-on courses

- Masters degrees in institutes and universities at home and abroad





Bachelor of Arts (Hons) in Law with  
Criminal Justice – October 2016  
Community Operations Analyst,  
Facebook

"The Law degree from LYIT has an  
excellent reputation."



# Chris Chan (Wai Yin Chan)

## Maximise your potential with Law

Chris Chan, a native of Hong Kong, moved to Letterkenny as a child where his family still lives. He credits his education at LYIT with helping him develop essential skills to further his career. Chris graduated with a Bachelor degree in Law with Criminal Justice with Honours in 2016 from LYIT. He went on to do the Advanced Diploma in Immigration and Asylum Law with the Honourable Society of King's Inns. Recently, Chris has just completed the Barrister at Law Degree at Kings Inns and is now commencing his career as a Barrister. He will continue to work as an Analyst at Facebook in Dublin whilst studying. "I've to pay the bills, " he laughs.

Initially Chris wanted to become a Garda but says LYIT helped to open his eyes to the various paths you can take in Law. He suggests, "Many people think the only route is to become a lawyer." Chris is a prime example. Upon graduating he was snapped up by GlobeTech, a subsidiary company with Apple in Cork, before being employed by CPL Solutions, a recruitment firm who specialise in employing professional staffers for Facebook, where he currently works as a Community Operations Analyst.

"The Law degree from LYIT has an excellent reputation," adds Chris. It is accepted by King's Inns and enables LYIT graduates to sit the entrance exams for the King's Inns to become a barrister. This shows the recognition for the degree held by the professional body that is responsible for training barristers, including former Presidents, judges and Ministers who have read the law. Importantly it saves LYIT graduates a further 2 years studying for a legal Diploma.

The Law course at LYIT is very topical and interactive says Chris, "In addition to traditional lectures we engaged in more in-depth discussion in tutorial classes. I enjoyed it." Another big advantage he outlines is the

accessibility of lecturers, "I couldn't have got as far without their guidance." Describing the facilities at LYIT Chris says the library and online databases are excellent and were essential in his studies.

It was the welcoming and friendly atmosphere at LYIT, which Chris believes ignited his desire to learn more and most importantly, helped him to "figure out who I truly want to become in life." By getting involved in various societies Chris believes he gained valuable experience. "I chaired a political society in 2nd year, and the Law Society in 3rd year. This gave me opportunities to organise events and visits for students. It's a great way to meet people too."

When thinking about a college he suggests that students need to consider the overall experience on campus. It's not just about going for the college with highest rankings and reputation. "How enriching the experience is, can affect how you perform."

His advice to prospective students,

**"Don't doubt your capabilities and don't limit yourself. LYIT is an excellent college to study Law and will prepare you well regardless of what route you wish to take."**



# Sports Studies

## Higher Certificate in Sports Studies

**National Framework:** Level 6  
**CAO Code:** LY206  
**Duration:** 2 years  
**Number of Places:** 40  
**Reserved Quota:** 10 - QQI FET Applicants

### Points in Recent Years:

| Year | Final | Median |
|------|-------|--------|
| 2018 | 137   | 243    |
| 2019 | 137   | 279    |

### Is this course for you?

Is sport your passion? Do you want a career which will enable you to use your talent and skills for sport? This two year course will take your enthusiasm for sport and help you to carve out an exciting career in an area you love. The course covers key aspects of sport, health and fitness.

### Career opportunities

Successful graduates find themselves working in the following sectors:

- Sports
- Leisure
- Health-care
- Fitness

### Graduate careers typically include:

- Fitness Instructor
- Sports Development Officer
- Sports Coach

### Special requirements

**Garda vetting:** This programme may bring students into contact with vulnerable adults or children, therefore Garda Vetting is required. Applicants will be unable to go on placement



or complete the course requirements until vetting is satisfactorily completed. Registration is temporary until such time as vetting is satisfactorily completed.

**Minimum Entry Requirements:**  
  
Minimum Five O6/H7  
Maths F2/O6/H7  
English or Irish O6/H7



### What will I study?

|        | Semester 1   | Credits | Semester 2                                   | Credits |
|--------|--|---------|--|---------|
| Year 1 | Sports Study Skills (M)                                    | 10      | Exercise Prescription & Programme Design (M) | 10      |
|        | Health Related Physical Activity (M)                       | 10      | Sports Coaching Leadership (M)               | 10      |
|        | Sports Coaching Practice (M)                               | 5       | Anatomy & Physiology (M)                     | 10      |
|        | Sports & Leisure Society (M)                               | 5       |  |         |
| Year 2 | Health & Fitness Leadership (M)                            | 10      | Performance Analysis (M)                     | 10      |
|        | Sports Frameworks: Social, Psychological & Pedagogical (M) | 10      | Exercise Physiology (M)                      | 10      |
|        | Sports Nutrition & Hydration (M)                           | 10      | Foundation of Strength & Condition (M)       | 10      |

(M) = Mandatory

### Follow-on courses

- Bachelor of Science (Hons) in Sports & Exercise with Degree Award Options: Performance or Physical Education. (Year 3 - subject to completion of bridging modules).

## Preparatory Studies

### Certificate in Preparatory Studies for Higher Education (Access Course)

**National Framework:** Level 6 (Minor Award)  
**LYIT Internal Code:** LY\_CFOUN\_F  
**Duration:** 1 year  
**Number of Places:** 100

#### Is this course for you?

This course is intended for adult learners who wish to return to study after a break in their educational experience and who may not have benefited from, or had access to, previous educational opportunities. Students who are successful on this course will have the educational qualification for admission to higher education courses in a wide range of disciplines. This will not depend on the particular electives chosen. The skills, knowledge and competence developed by the students during this course should ensure a reasonable prospect of success in subsequent studies.

#### Minimum Entry Requirements

- School leavers between the ages of 17-22 years who have been out of school for at least 2 years and who meet the socioeconomic and academic criteria as set down by the institution.
- Adult students 23 years of age or over on 1st January of the year of application to the Access Course. There are no specific entry requirements, such as Leaving Certificate but applicants may have to sit an aptitude test or undergo an interview.
- Current LCA students, who have 160 credits may apply.



#### What will I study?

|        | Semester 1                                | Credits | Semester 2  | Credits  |  |  |
|--------|---|---------|---|--|--|--|
| Year 1 | Communications (M)                        | 10      | Choose 20 Credits from the following Electives (E):<br>Introduction to Design Principles<br>Computing<br>Business Fundamentals<br>Sports Studies (Psychology, Nutrition & Performance)<br>Law, Social Change & Society<br>Foundation Science<br>Social & Behavioural Science: an Introduction<br>Tourism Studies<br>Food & Beverage Operations<br>Introduction to Engineering | 10<br>10<br>10<br>10<br>10<br>10<br>10<br>10<br>10<br>10 |  |  |
|        | Information Communications Technology (M) | 5       |   |  |  |  |
|        | Mathematics (M)                           | 15      |   |  |  |  |
|        | Learning Skills (M)                       | 10      |   |  |  |  |
|        |   |         |   |  |  |  |

(M) = Mandatory, (E) = Elective

#### Follow-on courses

- Students who successfully pass this course with an overall average of 50% or over will have the opportunity to progress to any course of their choice (except Nursing) at Letterkenny Institute of Technology. Quotas may apply for some courses.



