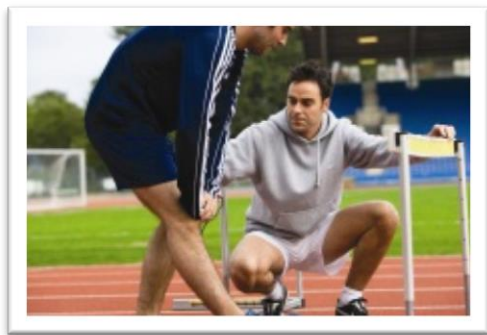


## Leisure, Sports and Fitness

Leisure, Sport and Fitness is now a professional sector of the Irish economy with rapidly increasing numbers of people joining gyms and leisure centres. This growth has led to the creation of jobs in this sector and made it a viable career path. While this sector definitely saw a dip in numbers employed during the recession, continued improvement in the economy is likely to see further growth in employment opportunities as people have more disposable income.



### Types of jobs within this Sector:

- [Health and Fitness Instructor/ Gym Instructor](#)

This job involves meeting customers at the gym or leisure centre and carrying out fitness testing, answering queries and developing fitness programmes for them to follow. The job also involves supervising and instructing customers in the use of gym equipment.

Entry level requirement for this job is usually the National Certificate in Exercise & Fitness or equivalent qualification such as ITEC Fitness Instructor.

- [Sports Coach](#)

A sports coach teaches skills and techniques for sports to help develop talent and increase ability

and enjoyment of sport. Coaches arrange training programmes and correct errors and give advice and encouragement to students.

Most National Governing Bodies (NGBs) in Ireland have their own coaching qualifications. A qualification in Sport and Recreation together with specific coaching qualifications and work experience is the normal route of entry into this job (see [www.nctc.ul.ie](http://www.nctc.ul.ie)).

- [Sports and Leisure Management](#)

This job entails the smooth running of a sports and leisure facility. This involves budgeting, marketing, planning and managing people and resources.

Normal entry requirement for this job would be a third level qualification in Health & Leisure, Sports Management or similar. It may be possible to start in an entry level position and work ones way up.

There are many other potential roles in the Leisure, Sport and Fitness sector. These include Lifeguards, Greenkeepers, Golf Attendants, Tour Guides, Sports Development Officers, Sports Journalists, Sports Psychologists, and Sports Physiotherapists.

For details of jobs advertised in the Clare Champion you can use the database at <http://clareguidance.ie/jobs/index.php>

The numbers of jobs advertised in the Clare Champion in the Leisure, Sport and Fitness sector has been relatively small over the last number of years but there are signs that this is increasing in 2016.

#### Other sources of job vacancies

<http://www.sportsjobs.ie/>

<http://www.paulpartnership.ie/jobs-bulletin/>

[http://www.jobs.ie/clare\\_jobs.aspx](http://www.jobs.ie/clare_jobs.aspx)

<http://ie.indeed.com/>

<http://www.irishjobs.ie/>

## Further Education courses in Co. Clare\*\*

Course Title	Provider	Qualification	Duration
<b>Sports, Recreation and Exercise</b>	Limerick Clare ETB BTEI	QQI Level 5 (including ITEC – Fitness Instructing)	9 months Part Time
<b>Community Coaching in Sport</b>	Clare Local Development Company	Coaching Certifications, Job Readiness and Personal Development.	14 weeks Part Time
<b>Sport and Recreation</b>	Shannon Comprehensive School	QQI level 5	1 year PLC course Full Time

**\*\*** There are a wide range of Sports and Leisure courses running in Limerick City including part time courses in Sport and Recreation at QQI levels 3,4,5 (LCETB Limerick City) as well as full time courses in Sports, Recreation and Exercise, Sports Injury Management, Leisure Facility Management at QQI Level 5 and 6 (Limerick College of Further Education and Central College Limerick). LCFE also run part time courses in Sports Psychology, Sports Journalism and Sports Nutrition.

## Some Higher Education course options

Course Title	Provider	Qualification	Duration
<b>Certificate/ Diploma in Exercise, Health &amp; Fitness</b>	NCEF Limerick	HETAC Level 6/ 7	Different attendance options possible. Fee paying College.
<b>Sports Coaching &amp; Development</b>	LIT	HETAC level 6	2 years
<b>Sports Strength &amp; Conditioning</b>	LIT—Thurles	Level 7	3 years
<b>Sciences—Sport &amp; Exercise</b>	University of Limerick	Level 8	4 years
<b>Business with Sports Management</b>	Limerick Institute of Technology	Level 8	4 years
<b>Physical Education with Teacher Education</b>	University of Limerick	Level 8	4 years
<b>Health &amp; Leisure</b>	Institute of Technology Tralee	Level 7	3 years
<b>Sports &amp; Exercise Engineering</b>	NUI Galway	Level 8	4 years
<b>Strength and Conditioning</b>	Setanta College www.setantacollege.com	Various Levels	Part time/distance learning. Fee paying College



**Clare Adult Education Guidance and Information Service,**  
Further Education and Training Centre, Clonroad Campus,  
Clonroad Business Park, Ennis, Co. Clare

**Tel No.** 065 6897617 / 6824819 **Web:** www.clareguidance.ie

**Updated September 2016:** Although every effort is made to ensure that the information contained in this document is correct, Limerick and Clare ETB accepts no responsibility for the accuracy of this information or any actions arising from its use. Clare Adult Guidance and Information Service advise all individuals embarking on any course to contact the relevant organisation directly to confirm all information.