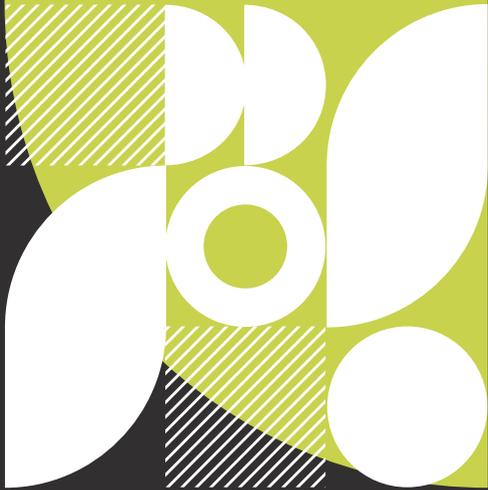


ibat

Institute of Business
and Technology

Your future
starts here

Health and Sports Diplomas



Prospectus
2020/21

ibat.ie

Your future starts here

98%

of our diploma graduates would recommend us to family and friends

Whether you're preparing for your first job, looking to up skill or take the first step in a new direction, we will help you achieve your goals.

In 2016 the College was acquired by Global University Systems group, one of Europe's largest private University & College groups.

This acquisition provides the College with the opportunity to widen the market reach of its programmes through GUS's international education network, which extends across more than 60 countries, and to broaden the portfolio of programmes available at the College through collaboration with GUS partners. In addition we can state we have a truly international student base with over 40 nationalities studying in IBAT.



Our philosophy

Industry-focused outcomes, underpinned by solid academic foundations.

Our people

The academic team at IBAT present with significant lecturing experience and also have many years industry experience.

Our students

We support our students throughout their college experience and into their working lives by providing them with some of the most applied course content and teaching techniques in the country.

Our programmes

Undergraduate, post-graduate, English language programmes, and executive training.



Industry connected

We integrate the latest industry trends and tools into your course material, to help you gain an edge in the market.



Learn from the experts

We have the best industry experts in the field to give you the relevant and engaging experience possible.



City centre location

Evening classes are taught in the heart of the city, close to parking and public transport.



Small class sizes

Small class sizes give you more dedicated time with your teacher and focus on developing your skills.



Live online classes

IBAT is now offering 100% interactive learning via virtual classrooms, all at an affordable price.



Career focused support

We help you turn your passion into a rewarding career. Our support is designed to help you succeed in your studies.



Locally relevant

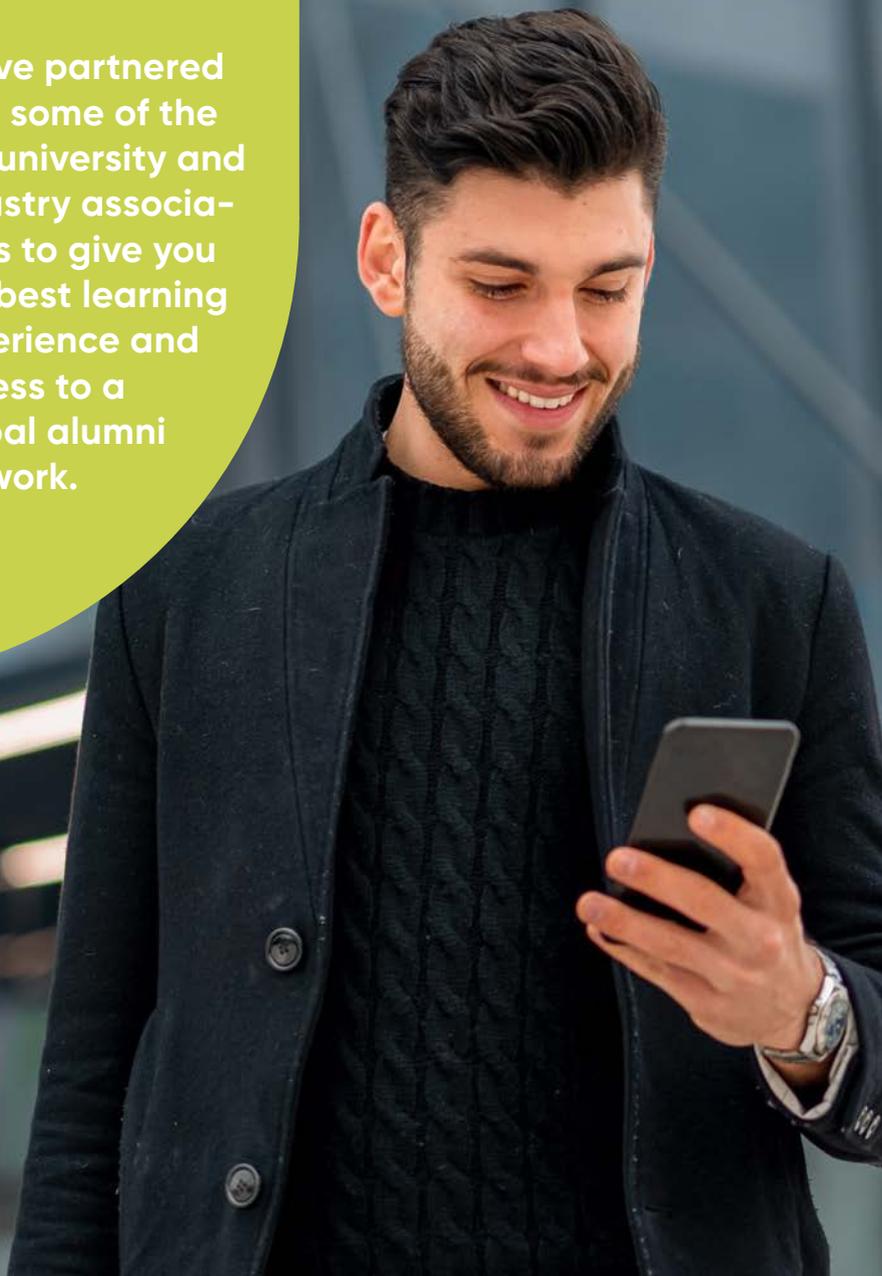
Links with 400+ private enterprises, public organisations and NGOs in Ireland, including indigenous businesses.



Globally relevant

Partnerships with some of the best industry and university associations from around the world.

We've partnered with some of the top university and industry associations to give you the best learning experience and access to a global alumni network.



Qualifications and partners

99%

of our diploma graduates said their course helped them further their career



University of Wales Trinity Saint David (UWTSD): UWTSD was formed in 2010 and Swansea Metropolitan University became part of it in 2013. The University's Royal Charter is the oldest in Wales and England after Oxford and Cambridge. In 2011 HRH the Prince of Wales became its Royal Patron.



Quality and Qualifications Ireland (QQI): QQI is the qualifications awarding body for third-level educational and training institutions outside the university sector in Ireland. QQI awards qualifications at all levels of higher education and training up to PhD level.



Project Management Institute (PMI): The PMI serve practitioners and organisations with standards that describe

good practices, globally recognised credentials that certify project management expertise, and resources for professional development, networking and community.



Accreditation and Co-ordination of English Language Services (ACELS): The Department of Education and Skills has given ACELS the responsibility for monitoring the sector. Since January 2011 ACELS is part of Quality and Qualifications Ireland (QQI). QQI-ACELS runs an inspection scheme, which leads to school recognition by the Department of Education and Skills.



Digital Marketing Institute (DMI): The DMI is the global certification standard in digital marketing and selling. They have certified more professionals to a single, industry validated, digital marketing standard than anyone else in the world.

Services and facilities

Whether you need a quiet desk, C.V. advice or an IT lab, we have the services and spaces you need to improve your learning, productivity and collaboration.

- On-campus library
- Free Wi-Fi
- Canteen
- Monthly social activities
- IT Lab
- Counselling
- Career workshops
- Study support
- C.V. consultations
- Accommodation

See our website for the full range of services available.





Our courses





Nutrition for Sport and Exercise
Diploma

10

Sport and Exercise Psychology
Diploma

12

Nutrition for Sport and Exercise Diploma

Code: CIBDNSE1P
Duration: 11 weeks, one evening per week
Delivery: Online, On-campus
Intakes: Spring, Summer, Autumn

This course is suitable if you have an interest in the role that nutrition plays in the successful attainment of sports and exercise goals. You will be introduced to the area of food science and the theoretical frameworks behind it, including how nutrition impacts health and wellbeing. The emergence of supplementation is examined as is the area of nutrition research. Concepts and effects of hydration, dehydration and associated thermal stress are examined in a practical manner. You are also introduced to key concepts in performance and recovery enhancement.

Course structure

- Food for Sport
- Carbohydrates
- Fat
- Energy Systems
- Protein
- Performance Enhancing Drugs
- Hydration and Electrolytes
- Nutrition and General Health/Body Composition
- Pre and Post-Event Meals
- Putting It All Together

Assessment

- One PowerPoint presentation of a relevant and up to date topic (50%)
- Two multiple choice exams. The first exam is typically after the first four weeks of class (25%), and the second exam is in the final week (25%).

Career opportunities

- Performance nutrition for professional and amateur sports clubs and individual athletes
- Health promotion
- Health, wellbeing, lifestyle coaching
- Weight management coaching
- Sales in the fitness and nutrition industry
- Brand ambassador

Entry requirements

You should have an interest in sports and exercise nutrition industries and wish to expand your knowledge, and/or are perhaps considering embarking on a career in this area.



Enrol on this course

Lecturer profile: James Caffey

James has eight years lecturing experience chiefly in sport and exercise psychology. He holds an Honours degree in Recreation, Sport & Exercise and has also completed a Masters in Sport and Exercise Psychology. He is registered with BASES (the British Association of Sport Exercise Sciences) as a sport and exercise psychologist. James also works one to one with individual athletes and teams. He has over 12 years experience in sports coaching and the educational training area. James developed the Sport Psychology module for Quality & Qualifications Ireland, which is delivered by a number of third level institutions.

"I was able to apply all aspects of the course to everyday life. My favourite aspect of the course was the lecturer's style of teaching."

Kevin Clarke
Graduate

Sport and Exercise Psychology Diploma

Code: CIBDNSE1P
Duration: 11 weeks,
one evening per week
Delivery: Online,
On-campus
Intakes: Spring,
Summer, Autumn

Course elements include aspects of motivation, the role of stress and team dynamics, and is designed for you to be equipped with knowledge on how to change behaviour in a sporting context. You will be introduced to the concept of motivation and the relevance of a person's personality type. You will learn about the role self-confidence plays in your day to day behaviour in relation to exercise. The concept of stress, an ever-growing factor, in how we behave is also discussed. Goal setting is examined, and the challenges which we present to ourselves by placing too much pressure to attain too many goals.

Course structure

- Introducing Sports and Exercise Psychology
- Motivation
- Self-Motivation
- Identifying Your Psychological Core
- The Role of Stress as a Propelling Dynamic Force
- The Role and Impact of Self-Confidence and Selfefficacy
- Group Dynamics and Team Dynamics
- Exercise Addiction and Adherence
- Field Trip and Practical Observation
- Psychological Skills Training

Assessment

You will be assessed on completing a written assignment as well as an observational journal, in a group, following a class field trip.

Career opportunities

- Coaching in professional and amateur sports clubs
- Health, wellbeing and lifestyle coaching
- Management in gyms and fitness centres
- Youth and community coaching
- Personal training

Entry requirements

No prior academic qualification or professional experience in sports and exercise psychology is required. You should have an interest in sports and exercise psychology and wish to expand your knowledge in this area, and/or are perhaps considering embarking on a career in this area.

Enrol on this course



Lecturer profile: James Caffey

James has eight years lecturing experience chiefly in sport and exercise psychology. He holds an Honours degree in Recreation, Sport & Exercise and has also completed a Masters in Sport and Exercise Psychology. He is registered with BASES (the British Association of Sport Exercise Sciences) as a sport and exercise psychologist. James also works one to one with individual athletes and teams. He has over 12 years experience in sports coaching and the educational training area. James developed the Sport Psychology module for Quality & Qualifications Ireland, which is delivered by a number of third level institutions.

"A structured course that allowed me to study while maintaining my full time employment. Classes are insightful and delivered in a friendly atmosphere."

Ronan Moore
Graduate

How to apply

Apply online, over the phone or in person.

Need help or more information?

Course advisors are available to answer any questions or take you through the application process:

✉ enquiry@ibat.ie

☎ +353 1 8075 055

📍 Wellington Quay Campus
16-19 Wellington Quay,
Dublin 2, Ireland

Flexible payment plans and corporate sponsorship packages are available. Ask our course advisors for more information.



IBAT Dublin

16-19 Wellington Quay
Temple Bar, Dublin 2

IBAT Dublin English School

Frederick Street Campus, 24-27
Frederick Street North, Dublin 1

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