

**Application:** CAO

**Award Title:** Bachelor of Business in Recreation and Leisure Management

**Duration:** 3 Years (6 Semesters)

**Places:** 80

**National Vetting Bureau:** Yes

**Location:** Bishopstown Campus

### How is my time spent on the course?

A mix of practical and theory classes make up the Recreation and Leisure modules and the Business related modules are mostly theory based. An estimated percentage of this Leisure to Business breakdown over the years is as follows: Year 1: 80/20, Year 2: 65/35, Year 3: 30/70 respectively.

## Recreation and Leisure Management

The Recreation and Leisure Management course combines Health, Fitness, Sports and Exercise related modules with core Business modules. The course prepares students to work in the business, sports and leisure sector of the economy and provides them with the specialist skills and competencies needed in these industries.



### Graduate Profile

**Juliet Murphy**  
Postgraduate Student

Juliet graduated with a BBus in Recreation and Leisure Management (Level 7) and with a BBus (Level 8). Several years later, she returned to full time education to pursue a postgraduate Primary Education degree. Juliet is a household name from her sporting exploits with the Cork Senior Ladies Football team. She is currently completing a Research Masters in CIT as part of the Project Spraoi Research Team.

"I really enjoyed my time in CIT and particularly all practical aspects of the Recreation and Leisure course. It is great that students may also progress to the Honours Degree in Sport and Exercise which is most definitely a growing industry."

## Admission

For admission to a programme, standard applicants must

- score the necessary CAO points and
- meet the minimum entry requirements

Entry 2018

### Minimum Entry Requirements

Leaving Certificate in 5 Subjects

Subjects O6/H7	Subjects H5	Maths Grade	English or Irish Grade
5	0	O6/H7	O6/H7

CIT uses the National Vetting Bureau (NVB) to help assess the suitability of all applicants on this programme. It is important to note that participation in or completion of this programme may be affected by subsequent disclosure/discovery.



## Contact Information

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[www.cit.ie/course/CR032](http://www.cit.ie/course/CR032)

September 2017

# Recreation and Leisure Management

CR 032

Level 7 Award



## About the Course

The course consists of lectures, tutorials, practicals, site visits and work placement. The leisure industry is one of the fastest growing sectors of the economy. This has created a demand for personnel with specialist knowledge and skills in recreation and leisure. The course combines technical skills and competencies with a strong business base. It also offers students the opportunity of acquiring appropriate practical and managerial expertise, which will enable them to be effective managers in the recreation and leisure industry.

There is a mandatory supervised work placement of 5 weeks in Year 3. Work placement opportunities exist in leisure centres, adapted physical activity centres, sports coaching settings, and sports development.

## Further Studies

For details, see [www.cit.ie](http://www.cit.ie)

Suitably qualified graduates are eligible to apply for entry to the one year add-on

> Bachelor of Business (Honours) in Sport and Exercise (Level 8)

or

> Bachelor of Business (Honours) (Level 8)

An Honours Degree will greatly enhance a graduate's career prospects at management level. In addition, the Bachelor of Business (Honours) satisfies the degree requirements of the Teaching Council. As with other recognised degrees, a postgraduate programme of Initial Teaching Education, accredited by the Teaching Council, consisting of two years full-time study or 120 ECTS credits must subsequently be completed to be eligible for registration with the Teaching Council.

## Work Placement

Formal work placement (minimum of 5 weeks) is an integral element of the course and takes place in Year 3.

## First Year at a Glance

- **Fundamental Movement Skills:** This module focuses on the practical and theoretical aspects of planning, teaching and evaluating effective activity sessions to develop basic movement skills among children
- **Gym Instruction:** This module prepares the student for work as a gym instructor and as a circuit training instructor. The emphasis is on the student's ability to perform and demonstrate exercises correctly and on developing their skills to instruct
- **Sports Psychology:** This module provides students with an introduction to the basic theories of sports psychology and identifies ways in which it can be used in a sports performance setting
- **Nutrition for Health:** This module is designed to provide students with an understanding of the area of nutrition and its relationship with health-related matters such as diet, weight management and obesity.

## Professional Accreditation

A number of industry recognised external qualifications are incorporated into the course. These include REPs (Register of Exercise Professionals) Ireland Qualifications in the area of fitness instruction and personal training. Coaching Ireland awards in a variety of sports are incorporated into the sports coaching modules. Qualifications in Lifesaving, Swim Teaching, ITEC Massage Therapy, and Sports Massage can also be attained. CIT, through the Recreation & Leisure Management course, is an affiliated institution with the European College of Sport Science (ECSS), which is home to the most diverse network of sport science related institutions in the world with affiliates across Europe, Asia, the Middle East, Australasia and North America.

## Career Opportunities

This course offers access to a wide range of employment opportunities in the sport and leisure industry such as Leisure/Sports Centre Management, Personal Trainer, Strength and Conditioning Coach,

Sports Coaching/Team Management, Swim Teaching and Lifeguarding, Group Exercise Leadership, Sports Development, Health Promotion, Community Recreation, and Sports Marketing.

## Potential Areas of Employment

- Fitness Instructor
- Personal Trainer/Strength and Conditioning Coach
- Leisure/Sports Centre Management
- Sports Coaching/Team Management

## Question Time

### What areas of teaching am I qualified to teach in?

As with any Level 7 qualification, teaching is not an immediate possibility. However, for those students who decide to progress to the Bachelor of Business (Hons) in Sport & Exercise or the Bachelor of Business (Hons), there are 2 primary possibilities to embark on further study in Teacher Education.

The first is the Professional Masters of Education (PME) in Primary Teaching, which is a 2-year Level 9 Qualification, as long as the applicant presents with the minimum Leaving Certificate requirement in Irish or suitable equivalent. The Department of Education and Skills recognises this PME to teach in primary schools. The second is the Professional Masters of Education in Business Teaching, which is accredited by the Teaching Council. This Postgraduate Teacher Education programme is offered in several Universities with Teacher Education programmes.

It is important to note that there is no direct link between this BBus in Recreation and Leisure Management degree and PE Teaching.

### What type of Business content is involved in the course?

Business Administration, Accounting, Marketing, Economics, Management, and Enterprise Development are the Business modules covered over the three years.