

FREQUENTLY ASKED QUESTIONS

What are the minimum entry requirements?

Leaving Certificate Grade D3 at Ordinary or Higher level in 5 subjects including Mathematics, and either English or Irish.

CIT uses the Garda Central Vetting Unit (GCVU) 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.

What are the most helpful Leaving Certificate subjects?

Business, English, Biology, and Accounting.

What subject areas will I study?

Modules on the course focus on sport and exercise and related business modules. Sport and exercise modules provide students with knowledge, skills and competencies in areas such as: sports development, coaching and team management, fitness instruction, and health promotion. Throughout the course students will study business modules relevant to the sport and exercise industry. These include leisure management, financial accounting, and sports marketing.

What external qualifications will I have at the end of the course?

A number of industry recognised external qualifications are incorporated into the course. These include Register of Exercise Professionals (REPs) 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.

BBUS IN RECREATION AND LEISURE MANAGEMENT (LEVEL 7)

The Bachelor of Business in Recreation and Leisure Management (Level 7) is a three year course. Upon completion of the course suitably qualified graduates are eligible to progress to a one year add-on Level 8 in

- Bachelor of Business (Honours) in Sport and Exercise
- Bachelor of Business (Honours)

The Recreation and Leisure Management Level 7 degree and the Sport and Exercise Level 8 honours degree combine both practical and theoretical elements. Graduates will gain knowledge, skills and competencies in areas of Sports Business, Health, Fitness Instruction, and Sports Coaching.



ENQUIRIES TO

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Bachelor of Business in Recreation and Leisure Management

Course Code
CR 032



RECREATION AND LEISURE MANAGEMENT

The Sport and Exercise Industry is one of the fastest growing sectors of the economy which has created a demand for qualified personnel. The Bachelor of Business in Recreation and Leisure Management is a three year level 7 degree. In this degree course students gain relevant knowledge, skills and competencies through sport, exercise and business related modules. The course consists of lectures, tutorials, practicals, site visits, and work placement.

WORK PLACEMENT

There is a mandatory supervised work placement of 5 weeks in Year 2. Work placement opportunities exist in leisure centres, adapted physical activity centres, sports coaching settings, and sports development.

SPORT APTITUDE

Active participation in sport is an advantage. However, applicants do not need to have exceptional ability or achievements in sport.

FURTHER STUDIES

Suitably qualified graduates are eligible to progress to a one year add-on Level 8 in

Bachelor of Business (Honours) in Sport and Exercise

Bachelor of Business (Honours)

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
- Sports Marketing.

GRADUATE PROFILES

JULIET MURPHY



Juliet graduated with a Bachelor of Business in Recreation and Leisure Management (Level 7) in 2001 and with a Bachelor of Business (Level 8) in 2002. Juliet is a household name from her sporting exploits with the Cork Senior Ladies Football team and she now also runs her own extremely successful gym. "I really enjoyed my time in CIT and particularly all practical aspects of the Recreation and Leisure course. It is great to see the students now have the opportunity of doing an Honours Degree in Sport and Exercise which is most definitely a growing industry."

LORCÁN MCLOUGHLIN



Lorcán graduated with a Bachelor of Business in Recreation and Leisure Management (Level 7) in 2011 and with a Bachelor of Business (Level 8) in 2012. As a student, Lorcán excelled both academically and on the sporting field. Lorcán is currently working on a graduate internship in CIT.

"I had an excellent experience during my time in CIT. The Recreation and Leisure staff are very supportive and they helped me every way possible. I would highly recommend the Recreation and Leisure course to those interested in sport and fitness."

COURSE PROGRAMME

<http://modules.cit.ie/cr032>

YEAR 1

Semester 1 (Sept – Dec)
Creativity, Innovation & Teamwork
Activity Leadership
Financial Accounting 1
Anatomy & Physiology
Electives (Choose 2)
Fundamentals of Swimming
Sports Psychology
Resistance & Circuit Training

Semester 2 (Feb – May)
Business, Sport & Leisure Club Admin
Exercise, Health and Lifestyle
Nutrition and Weight Management
Economics for Recreation and Leisure Industry
Electives (Choose 2)
Introduction to Water Safety
Fundamentals of Coaching
Exercise to Music

YEAR 2

Semester 3 (Sept – Dec)
Leisure Marketing
Professional Development
Recreation and Leisure Law
Financial Accounting 2
Electives (Choose 2)
Golf Club Management
Group Exercise Leadership
Holistic Massage; an Intro.
Intermediate Sports Coaching
Health and Wellness
Swim Teaching
Free Choice Module

Semester 4 (Feb – May)
Applied Exercise Physiology
Leisure Management
Sport and Leisure in Society
Work Placement
Electives (Choose 2)
Holistic Massage
Sports Conditioning
Elite Sports Coaching
Health Promotion
Adapted Physical Activity
Free Choice Module

YEAR 3

Semester 5 (Sept – Dec)
Leisure Industry Management
Applied Information Technology
Copy of Research Skills & Statistics
Entrepreneurship in Leisure
Marketing Management
Electives (Choose 1)
Sports Massage; an Intro.
Operations Management
Health Promotion
Free Choice Module

Semester 6 (Feb—May)
Modern Leisure Management
Enterprise Project
Applied Financial Management
Marketing Communications
Electives (Choose 1)
Exercise; Special Populations
Sports Massage Therapy

YEAR 4

For detailed module information for the one year add-on BBUS (Honours) in Sport and Exercise, please visit <http://courses.cit.ie/BSPTE8>