

INTRA Programme

B.Sc. Sport Science and Health (Physical Activity and Health)



The objectives of this four-year, full-time degree programme are:

To produce graduates who have:

- an enthusiasm and commitment to their area of interest in physical activity and health.
- a range of practical skills such as exercise and fitness instruction (exercise to music, circuit training, floorwork and flexibility), muscular strength and conditioning, exercise consultations, lifestyle and fitness assessments.
- a range of personal skills that will support graduate entry to employment and contribute to their ongoing personal development. These will include skills such as IT, research, inter-personal communication, presentation, etc.
- the ability to apply the theory of physical activity and health in different practical settings including 1 on 1 exercise consultations, community, workplace and structured exercise settings.
- innovative and creative approaches to problem solving in physical activity solutions.
- a clear understanding of the social and political contexts of their chosen career area.

RELEVANT WORK EXPERIENCE is a central feature of education at DCU and an integral part of all undergraduate and some graduate degrees. This is called *INTRA* (INtegrated TRaining).

Work Areas

B.Sc. Sport Science and Health students are capable of contributing significantly to employers in the following areas:

- Physical activity promotion
- Health promotion
- Exercise for special populations
- Corporate health advisors
- Exercise referral and prescription
- Strength and conditioning advisors
- Exercise programmes focused on the prevention and treatment of a number of chronic diseases (Cardiac Rehabilitation, Diabetes, Hypertension, Obesity)
- Design, implementation and evaluation of physical activity interventions
- Sports Development

Student Availability

B.Sc. Sport Science and Health students are available for *INTRA* placement for 6 months from February.

The majority of students will be in their early twenties when they go on work placements in their third year. However, the programme also has a number of mature students, who have worked in a variety of areas prior to enrolling on the programme. This course is supported by state-of-the-art physiology, biomechanics and psychology laboratories.

FURTHER INFORMATION

INTRA Unit, Student Support & Development,
Dublin City University,
Glasnevin, Dublin 9, Ireland.

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Website: www.intra.dcu.ie



B.Sc. Sport Science and Health (Physical Activity and Health)

Year 1

GENERAL SCIENCE Chemistry Physics	PHYSIOLOGY Anatomy Physiology	PSYCHO SOCIAL Sociology Psychology Motor Control	ADAPTED PHYSICAL ACTIVITY Introduction to Adapted Physical Activity	APPLIED STUDIES Health/Fitness: Theory and Practice Sport Technology
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Year 2

PHYSIOLOGY Exercise Physiology Sport and Exercise Nutrition	BIOMECHANICS Sport & Exercise Biomechanics Functional Anatomy	PSYCHO SOCIAL Physical Activity Psychology Sport Psychology Sociology of Sport	APPLIED STUDIES Principles of Training Exercise Prescription and Practice Strength and Conditioning
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Year 3

PHYSIOLOGY Clinical Exercise Physiology Injury and Rehabilitation	BIOMECHANICS Sport and Health Biomechanics	ADAPTED PHYSICAL ACTIVITY Adapted Physical Activity	APPLIED STUDIES Coaching Studies Principles of Health Promotion
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I N T R A

Year 4

PHYSIOLOGY Clinical Exercise Physiology and Nutrition	RESEARCH Research Methods Research Project	OPTIONS Coaching, Sports Policy & Planning Health Promotion, Policy, Planning & Evaluation New Enterprise Development Project	APPLIED STUDIES Sport and Exercise for Special Populations
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