



## **Setanta College is pleased to offer exciting new Strength & Conditioning courses to Students who wish to coach at the very highest level in Sport.**

**Setanta College** is a Thurles based on-line College delivering Strength & Conditioning courses to coaches at all levels; we cater for coaches from club to inter county level. We also cater for professional athletes and players at provincial, national and international standard. These courses are designed to give the coach a professional qualification in the area of Strength & Conditioning.

Currently, **Setanta College** offers four **HETAC** accredited courses.

- Resistance Training & Weight Training  
(3 Modules HETAC Level 6)
- Physical Fitness & Conditioning for Sport  
(6 Modules HETAC Level 6)
- Higher Certificate in Strength & Conditioning  
(12 modules HETAC Level 6)
- Bachelor of Arts in Strength & Conditioning  
(18 modules HETAC Level 7)

Each module is 12 weeks in length and is delivered through blended learning. You can study from the comfort of your home and complete the multiple choice questions or log book tasks each week at a time of your own choosing. There are 2 workshops to attend with each module. These workshops are delivered in Thurles and Dublin.

The next intake for these courses is **1<sup>st</sup> September 2011**. Further information may be obtained from [www.setantacollege.com](http://www.setantacollege.com), or at 01-6757007.

Setanta College will also be introducing short courses for the entry level coach in the near future. These courses will be launched through our website in the near future.