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| **Minor Award Name** | Exercise & Fitness |
| **Minor Award Code** | 5N2668 |
| **Level** | 5 |

**Suggested resources to support delivery:**

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| **Theme/Topic** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Anatomy & Physiology  An Introductory Guide to Anatomy & Physiology 5th Edition  The Fitness Instructors Handbook | Website  Book  Book | An interactive website covering the major systems of the human body  A comprehensive book dedicated to anatomy and physiology with a key to anatomical language including multimedia learning resources  Sections of the book cover muscles, bones, joints, | Innerbody  Author: Louise Tucker  Published by: EMS Publishing  Author: Morc Coulson  Published by: Firefly Books | <http://www.innerbody.com/>  <http://www.emspublishing.co.uk>  <http://www.fireflybooks.com/> |
| Strength Training Anatomy | Book | A comprehensive illustrated book detailing strength training exercises, muscles used with the surrounding joints and skeletal structures | Author: Frederic Delavier  Published by: Human Kinetics | <http://www.humankinetics.com/> |
| Advanced Circuit Training | Book | Guidelines on how to structure and design a wide variety of circuits with warm-ups/ cool downs and periodisation | Author: Debbie Lawrence and Bob Hope  Published by: A & C Black Publishers | <http://www.acblack.com/> |
| Legal requirements for music | Website | Irish Music Rights Organisation (IMRO) - the national organisation that administers the performing right of copyright music in Ireland. | IMRO | <http://www.imro.ie> |
| The Food Bible | Book | Up-to-date research on food and diet, covering basics of healthy eating. An examination of food in relation to diets, disease and weight control. | Author: Judith Willis  Published by Simon and Schuster | <http://www.simonandschuster.co.uk/> |
| Coronary Heart Disease | Online document | Explaining the risk factors for coronary heart disease | Published by the NHS | [www.nhs.uk/ipgmedia/national/HEART%20UK/Assets/**Riskfactorsforcoronaryheartdisease**.pdf](http://www.nhs.uk/ipgmedia/national/HEART%20UK/Assets/Riskfactorsforcoronaryheartdisease.pdf) |
| Activity guidelines and exercise recommendations | Website | A detailed Irish based website offering guidelines and recommendations on activity levels with a comprehensive suite of booklets and PDF’s for download | Get Ireland Active | <http://www.getirelandactive.ie/> |
| Risk management in the fitness industry | eManual  Website | An Australian publication on compliance with emergency plans and risk management strategy  Safety, Health and Welfare Act 2005 covering the legal requirements of all businesses regarding on site health and safety | Australian Fitness Industry Risk Management  Health and Safety Authority | [www.**fitnessriskmanagement**.com.au/resources/**risk**-assessment/](http://www.fitnessriskmanagement.com.au/resources/risk-assessment/)    <http://www.hsa.ie> |
| Fitness Programming and Assessment  The Fitness Leader’s Handbook  Body Fitness and Exercise 2nd Edition | Book  Book | This book covers the principles of exercise programming for aerobic conditioning, strength and flexibility. It details contraindicated exercise and injury prevention. The practical process of screening clients and fitness assessment is thorough. In addition there are guidelines on exercise programming for the main special population groups.  Accessible information with illustrations on good exercise programming giving examples of exercise routines. Clearly outlines good instructional skills and identifies the dangers on incorrect instruction | Author: Garry Egger, Nigel Champion and Allan Bolton  Published by:  A & C Black  Author: Mo Rosser  Published by: Hodder and Stoughton | <http://www.acblack.com>  <http://www.hodderheadline.co.uk> |

**Useful Organisations:**

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| **Name** | **Contact Information** |
| Ireland Active | <http://www.irelandactive.ie/> |
| IDEA | <http://www.ideafit.com>/ |
| World Health Organisation | <http://who.int/> |
| Irish Nutrition and Dietetic Institute (INDI) | <https://www.indi.ie/> |
| American College of Sports Medicine (ACSM) | <http://www.acsm.org/> |
| Irish Heart Foundation | <http://irishheart.ie/> |
| Register of Exercise Professionals (REPS Ireland) | <http://www.repsireland.ie> |
| Department of Health | <http://www.health.gov.ie> |
| Irish Sports Council | <http://www.irishsportscouncil.ie/> |
| National Strength and Conditioning Association | <http://www.nsca.com/> |
| Australian Strength and Conditioning Association | <https://www.strengthandconditioning.org/> |
| Fitness Professionals | <http://www.fitpro.com/> |
| International Fitness Association | <http://www.ifafitness.com/> |
| American Council on Exercise | <https://www.acefitness.org/> |

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| **MOOCs (Massive Online Open Courses)** | |
| Free access to online courses  Search regularly for new courses and new start dates | <https://www.mooc-list.com/>  <https://www.futurelearn.com/>  <https://www.acefitness.org>  <https://udemy.com/> |

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**Suggested resources to support delivery:**

**Essential reading:** NCEF Manual – This manual Accredited by the University of Limerick contains all the information required for the delivery of this module. The learning outcomes were based on the contents of this manual. Copies of the manual can only be ordered directly from UL by email request to [ncef@ul.ie](mailto:ncef@ul.ie) and the fee is €55

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| Anatomy & Physiology relevant to fitness & exercise | Book | Module 1: The human skeleton, classification of bones by shape, functions of the skeleton, the spine, the joints, the muscular system, muscles and their actions, the cardio-respiratory system, the heart and the circulatory system | NCEF – National Council for Exercise & Fitness |  |
| The health implications of lifestyle habits as it applies to the general population | Book | Module 2: What is a healthy lifestyle? Exercise for fitness, cardiovascular disease, risk factors for CHD, blood pressure, stress, nutrition, body composition and weight management | NCEF – National Council for Exercise & Fitness |  |
| Instructors duty of care to clients when in an exercise class or in accident and emergency situations | Book | Module 4: Safe and risk management at work, guidelines/procedures following an accident or emergency | NCEF – National Council for Exercise & Fitness |  |
| Health and safety guidelines for fitness facility management | Online document | Useful document published by the UK sports club ‘fitnut’ | www.fitnut.co.uk | <http://www.fitnut.co.uk/fileadmin/content/Health___Safety_considerations.pdf> |
| Identify the components of sport and health related fitness activities | Book | Module 3: The health related components of fitness, skill related components of fitness, the FITT principles of training, health benefits of improved fitness levels | NCEF – National Council for Exercise & Fitness |  |
| Components of health related fitness | Webpage | A useful page which goes into some detail on each of the components and also mentions the health related benefits for each | www.teachpe.com | <http://www.teachpe.com/fitness/health.php> |
| Current and developing trends in exercise and fitness | Book | Module 4: Exercise trends, legal requirements regarding the use of music IMRO (Irish Music Rights Organisation) | NCEF – National Council for Exercise & Fitness |  |
| Trends in exercise and fitness | Web pdf | Excellent worldwide survey of fitness trends for 2015. It includes a list of the top 20 fitness trends with body weight training and High-intensity interval training making up the top two | Walter R. Thompson, Ph.D., FACSM | <http://www.repsireland.ie/contentFiles/newsImages/ACSM%20WORLDWIDE_SURVEY_OF_FITNESS_TRENDS_FOR_2015.pdf> |
| Exercise to music | Book | Module 6: Considerations when planning exercise to music, class format/structure, instructional skills, introduction to the class, bank of movements, cueing, teaching methodologies, pre stretches, CV phase, cool down | NCEF – National Council for Exercise & Fitness |  |
| Exercise to music | Book (Further reading) | Full text book on Exercise to music but the NCEF manual covers all learning outcomes | The Complete Guide to Exercise to Music  Lawrence, D | <http://www.amazon.co.uk/Complete-Guide-Exercise-Music-Guides/dp/1408101394> |
| Resistance training | Book | Module 7: terminology, safety in weights room, types of resistance training, chest back and shoulder exercises, leg and arm exercises, intro to programming (including samples) | NCEF – National Council for Exercise & Fitness |  |
| Resistance training | Webpage | A useful page which goes into some detail on Body Weight Exercises / Body Weight Training. Some videos are included | www.teachpe.com | <http://www.teachpe.com/fitness/health.php> |
| Circuit training | Book | Module 8: Circuit training, guidelines for warm ups, instructional skills, sample exercises, sample aerobic circuit, LME circuits, mixed circuits, sample LEM circuit, anaerobic exercises, body conditioning, floor based exercises, elastic bands and tubing, stability balls, sample combination exercises | NCEF – National Council for Exercise & Fitness |  |
| Circuit training | Youtube | There are plenty of great videos on youtube for ideas for circuits this is just an example |  | <https://www.youtube.com/watch?v=kTJ5b0RkKX8> |
| Programme planning | Book | Module 3 P188 The key stages to programme planning. Needs analysis, programme prescription, implementation and evaluation | NCEF – National Council for Exercise & Fitness |  |
| Programme design | Book | Module 7 P310 .Programme design and sample programmes | NCEF – National Council for Exercise & Fitness |  |
| The FITT principles of training | Book | Module 3 P134. The principles of training | NCEF – National Council for Exercise & Fitness |  |

**Useful Organisations:**

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| **Name** | **Contact Information** |
| The National Association for Health and Fitness (NAHF) | <http://www.physicalfitness.org/> |
| NCEF – National Council for Exercise & Fitness | <http://www.ncef.ie> |
| Ireland Active | <http://www.irelandactive.ie/> |

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| **MOOCs (Massive Online Open Courses)** | |
| Free access to online courses  Search regularly for new courses and new start dates | https://www.mooc-list.com/ |