

## Studying with Setanta College

Setanta College is an internationally renowned provider of higher education in human performance and sports science. Led by an advisory board and lecturing faculty highly experienced in elite-level sport, Setanta operates campus locations in Ireland, the UK, USA, Italy, South Africa and India.

We are committed to providing our students with a progressive learning experience that leads to greater specialised knowledge, understanding and practical competence in strength and conditioning, athletic development sport, exercise and performance science.

### Flexible Learning

Our course content is delivered through our interactive online learning platform. With flexible learning options available, we provide the opportunity for anyone to further their education to suit their own schedule.

### Expert-Led

At Setanta, our lecturers are experts in their field and qualified to MSc or PhD level. They are also former high-level sports people, qualified, enthusiastic Strength and Conditioning coaches and Performance Scientists.

### Our Approach

Our passion is to help our students achieve their full academic and coaching potential - not through a 'one size fits all' approach, but through bespoke solutions in which we enable our graduates to shine throughout their careers.

## Our Team of Industry Leaders



**Dr**  
**Liam Hennessy**



**Des**  
**Ryan**



**Dr**  
**Micheál Cahill**



**Ian**  
**Jones**

## Certificate in Applied Athletic Performance

The aim of the **Certificate in Applied Athletic Performance** is to provide the learner with an understanding of acute training variables along with periodised plans at a micro-, meso- and macro- level. The course is not directed towards any specific sport and will tailor to those that are seeking to coach both athletes and general population.

The course duration is 12 weeks and lectures will be delivered through our online learning platform. The course will cover topics such as fitness testing, resistance training, speed, endurance development and more.



## Learning Outcomes

The course will cover three primary areas encompassing theoretical aspects, practical coaching and programme management.

On completion of the course, the student will display knowledge and understanding of key related aspects and principles of training in designing and implementing programmes of development for team and individual athletes. The student will also display proficiency in practical coaching and the application of various training methods within the development programme. They will also display knowledge and skills related to monitoring, management and review of team and individual development.

## Topics

Introduction to Resistance Training

Strength & Power

Human Anatomy

Key Lifts in Resistance Training

Intro to Speed, Acceleration & Deceleration

Speed - Max Velocity & Agility

Endurance Conditioning

Fitness Testing

Training Methods & Monitoring

Programme Design & Periodisation

Age & Gender-Related Considerations for Resistance Training

## Duration

The course duration is 12 weeks and lectures will be delivered through our online learning platform.

Coaches can access the online platform in their own time allowing them to complete the course content at their own pace.

[You can submit your interest in the completing the course here.](#)