



# SETANTA

COLLEGE

Certificate in

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**Youth Athletic  
Development**

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Online Learning with a  
World-Renowned Provider

[setantacollege.com](http://setantacollege.com)

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Certificate in  
**Youth Athletic  
Development**



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# Why Setanta?

Become a Leader in the Performance Industry

## Become a Sought-After Professional with a Setanta Qualification

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, sport, exercise and performance science.

With flexible learning options available, we provide the opportunity for anyone to further their education to suit their own schedule - including existing coaches, career changers, athletes and more.

Setanta graduates include both coaches and athletes operating at elite-sporting levels across Rugby, Athletics, GAA, Soccer and Baseball.



# Course Overview

## Course Details

The Certificate in Youth Athletic Development is a QQI Level 6 (30 credit) qualification. The Youth Athletic Development pathway is designed to focus on the knowledge and skills required to become a specialist coach within youth athletic development. The learner here will be capable of devising and supervising movement-based programmes incorporating rudimentary, fundamental and athletic skill development methods and programmes.

## Course Delivery

The course is delivered through blended learning, which includes both online lectures and practical workshops. Delivered over 9 months, students will have access to weekly online lectures and class resources at any time. You will study one module at a time, with each one lasting 12 weeks in total. The theory element is completed entirely online in our virtual learning environment.

Practical workshops will provide students with the opportunity to practically apply the elements they have learned through online lectures, led by Setanta experts.

## Further Qualifications

Upon completion, students have the option to gain further professional qualifications with Setanta College:

- Certificate in Strength & Conditioning
- Higher Certificate in Strength & Conditioning
- BSc in Strength & Conditioning



## Our Approach

We ensure that our students are always at the cutting edge of technology, learning the most current methodologies from highly experienced and respected figures in the coaching and sporting world.

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 deliver both the technical and interpersonal skills that enable our graduates to shine throughout their careers.

Come join us and see what we can achieve together.



# Modules

## Coaching Skills

This module focuses not only on the theories that underpin skill development but it also provides many practical examples of exercises, drills, and games that can enhance the coach's practice in delivering a comprehensive overall skill development programme.



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### Certificate in Youth Athletic Development

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- Higher Certificate in Strength & Conditioning
- BSc in Strength & Conditioning

Upon completion of the BSc in Strength & Conditioning, students can opt to further their studies with our range of MSc programmes. To learn more about each programme, visit [www.setantacollege.com](http://www.setantacollege.com)



## Youth Athletic Development

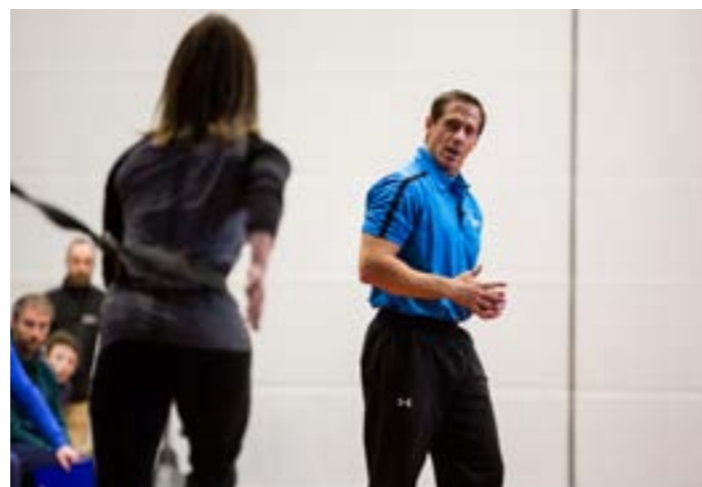
The module examines the origins and principles of long-term athletic planning as well as the stages of development within a range of models/age groups.

## Practical Workshops

*Led by our expert coaches and lecturers, practical workshops provide the perfect opportunity to apply the learnings from online*

## Speed Development

This module aims to examine the characteristics of the sprint athlete and the various components of speed. We'll review literature and coaching methodology that relates to the development of speed over the various stages of development of the elite-level sport. The module also provides the opportunity to deliver practical coaching of speed-related techniques.





# Getting Started

## Entry Requirements

- Applicants must be 18 years or older on the 1st of January on the year of admission. Students must meet the minimum entry requirements for this course, which are as follows: Completion of the Leaving Certificate, International Baccalaureate, European Baccalaureate, GCE A-Levels, Maturita, or equivalent.
- If you are over 23 years of age you may apply as a mature student. Mature student applications are assessed on the basis of age, coaching/playing experience, general education standard, motivation, and commitment to the programme for which they are applying.
- In the case of international learners where English is not their first language, they will be required to demonstrate a sufficient level of English Language proficiency. Setanta College accepts the following:
  - IELTS (International English Language Testing System), or equivalent score of TOEFL (Test of English as a Foreign Language) normally IELTS 6 which must be dated within 2 years of enrolment onto programme.
  - CEFR standard (Common European Framework of Reference for Languages) B2+ which must be dated within 2 years of enrolment onto programme.
  - Successful completion of a major award at level 5 or higher mapped to the NFQ completed through English.

## Fees

1. Pay per Month: €280
2. Pay Per Module: €825
3. Upfront: €2,400



## How to Apply

### Certificate in Youth Athletic Development

We are now accepting applications for our this programme.

Our course intake periods are in **March, June, September and December** of each year.

To submit your application, follow the steps below.

- Visit [www.setantacollege.com](http://www.setantacollege.com) and choose your preferred programme.
- Complete the short application form.
- Upon meeting the entry requirements to the programme, you will receive an official offer.
- A student officer will be in touch with how you can complete your registration and payment of tuition fees.
- You can then begin your studies with Setanta College!

Contact [info@setantacollege.com](mailto:info@setantacollege.com) with any questions you may have!

# Course Lecturers



Teresa is a Setanta College graduate and has been a lecturer with the college since 2015. She is a Certified Strength & Conditioning Specialist (CSCS) and holds an MSc in Strength and Conditioning. Teresa has extensive experience in the area of youth development.

**Teresa Molohan**

**Lecturer - Youth Athletic Development**

Claire is an S&C consultant with Sport Ireland Institute where she coaches Irish Olympians and Paralympians. Claire has represented Ireland in the 100 meters and 60 meters in European and World Championships. She recently completed her Ph.D. in strength & power diagnostics.



**Dr Claire Brady**

**Lecturer - Speed Development**

Damien's main subject area is on Growth, Movement and Development. He has developed activities to improve a person's fundamental and rudimentary movement skills, which are currently being used in a number of Primary Schools around Ireland.



**Dr Damien Young**

**Lecturer - Youth Athletic Development**

## Be Guided by the Very Best

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. They come from varied sporting backgrounds including team and individual sports.

Indeed, to ensure the highest standards of tuition, Setanta has appointed a world renowned Advisory Board to inform and oversee our Educational Programmes and Research Strategy.

This board, chaired by Pdraig Harrington, and comprised of Professors, Doctors and Practitioners in Performance Science and Strength and Conditioning from around the world, keep Setanta at the cutting edge in the latest thinking, research and technology.

Throughout your time with Setanta, a practical emphasis will be placed on all course content as our lecturers lean on their vast experience to provide you with an insight into the art and science of coaching.



# The Student Experience



“ Studying at Setanta College helped me achieve my dream of being able to open my own gym, I wanted to give more to the clients I was working with and create an environment where people could thrive. ”

**Ed Finn**

Founder - One Arena | Setanta Graduate

“ Gaining my Setanta qualification has expanded LifeFit’s business potential, and has vastly improved the services I offer to my gym and Personal Training clients through improved screening, corrective work and programming. ”

**Paul Dunne**

Owner - LifeFit Gym | Setanta Graduate



“ The most beneficial aspect of the programme is how applicable the study is to my daily training. It makes me understand more about me exercises and provides me with me the knowledge to one day coach other athletes. ”

**Mia Griffin**

Track Cyclist | Setanta Graduate



# Join the Performance Revolution

At Setanta, we have witnessed a rapidly growing demand for strength and conditioning and performance coaching professionals throughout the world of sport and human performance.

By choosing Setanta, you will join a highly sought-after alumni network once completing your studies. There are over 50,000 Setanta graduates worldwide, many of whom are eminently engaged within the sports, technology, performing arts and fitness industries along with sport and exercise tertiary education.

Our vast and significant partner network will open doors for you across sport and physical activity. Below are just some of the organisations that we partner with - providing many career opportunities along the way for our graduates.







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