

National Training Centre



Prospectus

Ireland's leading educator in
Health Fitness Instruction and
Sports Injury Therapies

NTC

See who you can be!

Σεε μπροστά σου ποιος είσαι?



Your Future Starts Today

The National Training Centre exists to provide facilities, both practical and administrative, to a variety of schools and colleges offering educational courses and National Qualifications to the public.

The educational institutions which fall under the umbrella of the National Training Centre - College of Complementary Medical Education (CCME), National College of Exercise and Health Studies (NCEHS), National School of Sports Massage (NSSM), Pilates Institute Ireland, Irish College of Osteopathic Medicine (ICOM), Irish College of Neuromuscular Therapy, (ICNMT) - strive to deliver a satisfying learning experience to adults of all ages, backgrounds and abilities in a facility which offers students the best opportunity for success.

The National Training Centre is academic partner of the University of Chester in the Republic of Ireland.

All educational institutions within the NTC play a significant role in establishing their graduates as the ideal candidates for both licensed and non-regulated positions within their relevant industry. This role includes participation in the forum for state Regulation of Complementary Therapists established by the Department of Health and Children, as founding members of the European Health Fitness Association (EHFA) funded by the EU and charged with introducing a pan European qualification structure in fitness, and as founding members of the Sports Massage Association UK. Through its membership of OsEAN (Osteopathic European Academic Network) and OIA (Osteopathic International Alliance) is involved in decision making process, at European level, in relation to Osteopathy.



John Sharkey, MSc., NMT
Director,
National Training Centre



National Qualification in Exercise, Health Studies and Personal Training

This National College of Exercise and Health Studies (NCEHS) programme offers individuals the opportunity to graduate as fully qualified health fitness instructors and personal trainers.

All NCEHS students can avail of the wide-ranging study facilities available at the National Training Centre. Facilities include a fully equipped Pulse Fitness® gymnasium, a PaviGym® exercise to music studio, changing and showering rooms and a fully stocked book and video library. NCEHS students have access, when available, to all these facilities for the duration of their course. This opportunity is unique to Health Fitness students in Ireland as the National Training Centre is the only

purpose built facility of its type in the country. The content is delivered to facilitate adult learners of mixed ability.

Graduates of the NCEHS are highly sought after in the fitness industry and will find themselves immediately employable as fully qualified fitness instructors in health clubs and fitness centres, and as personal trainers with sporting teams and individual clients. Students of the programme also have the option of participating on the one day National Qualification in Step Aerobics programme, at no additional charge.

The National Qualification in Exercise, Health Studies and Personal Training programme is available as either a daytime or evening

part-time course four times a year in Dublin (January, April, July and October) and as a part-time weekend course twice a year in Cork (February and September).

This Personal Trainer course is EHFA and Reps Ireland approved at EQF Level 4 which guarantees International recognition.





National Qualification in Exercise, Health Studies and Personal Training (Conversion Option)

Conversion options are delivered by the National College of Exercise and Health Studies (NCEHS) and are mapped at the European Qualification Framework (EQF) Level 4 which is the highest qualification level available for those wishing to work within the health fitness industry. This level is known as 'Advanced Fitness Instructor /Personal Trainer' and NCEHS is the first Irish training provider that has been approved and accredited at this level.

VARIOUS
DURATION

DUBLIN

The options available include an Assessment Day,

a Resistance Training Workshop Day and an Exercise to Music Workshop Day. The workshop days have been specifically designed to assist candidates with the assessment process, however each candidate can decide whether or not they wish to participate on any of the workshop days. You can apply for assessment without having completed any workshop days but if choosing this option you accept full responsibility and should you be unsuccessful at assessment you will need to register for re-assessment (at full price) in order to obtain the EQF Level 4 National Qualification in Exercise, Health Studies and Personal Training. Full details of the workshop days and assessment day can be

found by clicking on the Syllabus tab below.

Conversion options have been designed to enable qualified fitness instructors to upgrade to an internationally recognised EQF Level 4 Fitness Instructor and Personal Trainer qualification.

For complete course literature specific to this course please visit www.ntc.ie or call 01 - 882 7777





Advanced National Qualifications for Fitness Instructors and Personal Trainers

The National Training Centre offers a range of Advanced Certification Programmes (ACPs) in a variety of specialist areas of health fitness.

These programmes are designed to be delivered over one or two day periods and are only open to qualified fitness instructors.

Graduates of the National Training Centre's National Qualification in Exercise, Health Studies and Personal Training programme are eligible for discounted prices for all these ACPs and by completing them can add essential and valuable skills and qualifications to their health fitness repertoire.

These courses are also available on site for a minimum of 8 participants.



Contact our office of administration on 01 - 882 7777 for full details.

For up to the minute scheduling of all National Training Centre programmes please go to: www.ntc.ie

Courses Available Include:

- Step Aerobics
- Indoor Cycling
- Pre & Post Natal Exercise
- Stability Ball
- Exercise & The Older Adult
- Aqua Fitness
- BOSU Balance Training



National Qualification in Neuromuscular Physical Therapy

The National Qualification in Neuromuscular and Physical Therapy, which incorporates the National Qualification in Orthopaedic Sports Massage, is a part-time programme of education which is

15
MONTHS
**DUBLIN, CORK,
GALWAY,
DONEGAL &
LIMERICK**

available as an evening option in Dublin and a weekend option in Dublin, Donegal, Cork, Limerick and Galway.

This internationally accepted qualification which includes primary anatomy and physiology, is open to application from all

individuals with a keen interest in the treatment of soft tissue and muscular pain and injury. No previous experience or qualification is required.

This qualification is awarded by Ireland's College of Complementary Medical Education - CCME, and the National School of Sports Massage - NSSM.

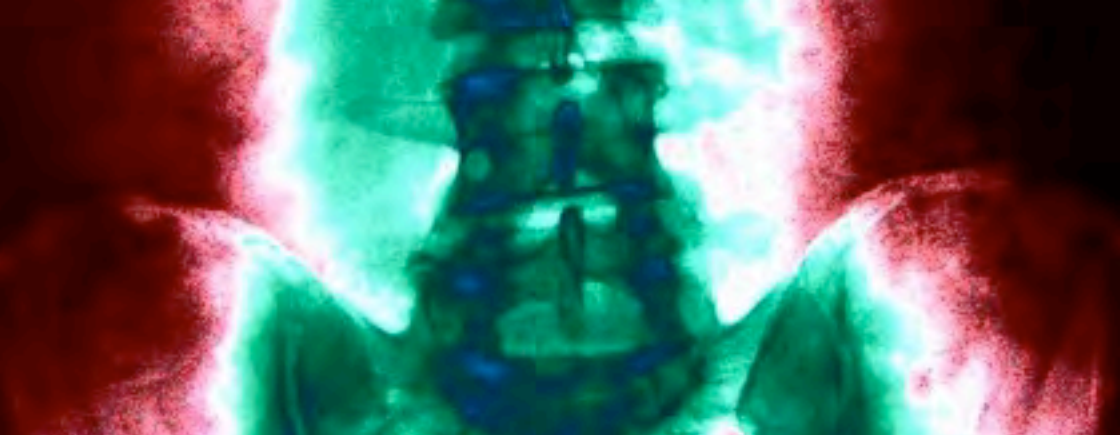
The programme is directed by John Sharkey, NMT, BSc., MSc. who is a fully accredited member of the medical team of the Olympic Council of Ireland and all tutors on this programme hold a minimum of both the Higher Diploma in Education and the National University of Ireland's Certificate in Training and Continuing Education. This allows for

the efficient delivery of the course content to adults of mixed ability.

Treatments offered by graduates of this programme who are also members of the Association of Neuromuscular Physical Therapists (ANMPT) are approved by leading health insurers Quinn Healthcare and Hibernian AVIVA Health.



QUINNhealthcare



Higher Diploma in Neuromuscular Therapy (H.Dip. NMT)

The Higher Diploma in Neuromuscular Therapy aims to provide previously qualified practitioners with the step by step protocols for the successful treatment of somatic dysfunction. This course includes the theories, validation and techniques of manual complementary medical treatment for both chronic and acute neuromuscular pain.

World class tutors, including Leon Chaitow, DO, Judith DeLany, LMT, and John Sharkey, MSc., NMT will offer you an opportunity to gain the most up to date, evidence based and fully referenced information and education available.

Audiovisual equipment will deliver real time, detailed, close ups of advanced



digital soft tissue manipulation, ensuring that all participants are afforded an unobstructed view of the tutor's intricate hand placements.

The course is exclusively available to qualified bodywork therapists.

Qualifying individuals include:

- ➔ Doctors
- ➔ Dentists
- ➔ Osteopaths
- ➔ Neuromuscular Therapists

- ➔ Occupational Therapists
- ➔ Physiotherapists
- ➔ Massage Therapists
- ➔ Chiropractors.

All applications will be considered on an individual basis.

For complete course literature specific to this course please visit www.ntc.ie or call 01 - 882 7777



Masters Degree in Neuromuscular Therapy (MSc NMT)

The Irish College of Neuromuscular Therapy is committed to the provision of the highest standard of professionally recognised education in order to graduate responsible and considered therapists with the ability and ethical approach to the treatment of fascia, trigger points and acute and chronic pain.

The College will contribute to the shaping of health care provision in Ireland and will meet the educational and professional requirements of a diverse student range.

The MSc Neuromuscular Therapy is an internationally accepted qualification, which will afford the successful graduate the ability to practice as an Neuromuscular Therapist in

Ireland and many other European countries.

Qualifying individuals must hold a professional undergraduate degree qualification or equivalent. Students are expected to integrate the skills and knowledge gained into their current professional practice.

A 2-year APEL option for applicants who hold a professional qualification, and relevant professional experience in a related area will be considered. Although

Leaving Certificate with a science subject is highly desirable, each application from qualifying professionals will be considered individually.

For complete course literature specific to this course please visit www.ntc.ie or call 01 - 882 7777



ICNMT



University of
Chester



Bachelors Honours Degree in Osteopathy (BSc (Hons) Osteopathy)

The BSc (Hons) in Osteopathy, which is validated and accredited by the University of Chester, is an internationally accepted qualification, which will afford the successful graduate the ability to practice as an Osteopath in Ireland and many other European countries.

4 or 5
YEARS

DUBLIN

This modular programme aims to deliver osteopathic education relevant for the Irish and European markets that will match the standards set in the UK where Osteopathy is a regulated profession. The

programme aims to enable students to develop a competence and confidence in all aspects of professional practice, by encouraging autonomy and criticality in thinking and action.

Students will undertake clinical practice (under the supervision of qualified and professionally registered osteopaths experienced at teaching to degree level). With a tutoring team of highly qualified and respected osteopathic experts this programme will give participants a complete and fully rounded education.

Enrollment is available to all those with an interest in the care of patients. Students are expected to hold the Leaving Certificate (or equivalent) with a minimum of grade B (Ordinary Level)

or grade C (Higher Level) in a science subject, preferably Chemistry.

A 4-year direct entry route for applicants who hold a professional qualification, of at least higher diploma level, in an associated area is also available.

For complete course literature specific to this course please visit www.ntc.ie or call 01 - 882 7777

ICOM
IRISH COLLEGE OF OSTEOPATHIC MEDICINE



University of
Chester



National Qualification in Trigger Point Needling

This advanced certification qualification offers participants the opportunity to qualify and practice in the area of intramuscular trigger point stimulation, or trigger point dry needling as it is more commonly known.

This educational program will prepare clinicians to treat myofascial trigger points by dry needling.

Participants will learn various dry needling techniques using solid acupuncture needles.

This is a training programme with immediate clinical applicability upon completion.

Individuals wanting to participate on the National Qualification in Trigger Point Needling programme must

hold the National Qualification in Neuromuscular Therapy or equivalent.

Individuals who do not hold the National Qualification in Neuromuscular Therapy but who have a background in medicine, physiotherapy, osteopathy, acupuncture etc. can complete an additional two day educational weekend regarding Trigger Points which, upon successful completion, will allow participation. Participants licensed to perform injection or dry needling therapy are eligible to take this additional weekend.

This includes all allopathic, osteopathic, naturopathic, and podiatric physicians, physician assistants, nurses and nurse practitioners,

acupuncturists, and physiotherapists, chiropractors etc.

Students are fully insured by the NTC while participating on this programme. Graduates must hold valid professional indemnity insurance in order to practice. All participants are expected to participate in the hands-on portion of the course.

2
WEEKENDS
DUBLIN



National Qualification in Taping and Strapping Procedures

The aim of this programme is for all bodywork therapists, sporting coaches etc. to develop the professional skills required to identify common injury sites and to offer professional intervention in relation to the preparation and treatment of the site using taping and strapping.

All applicants must hold a valid and recognised bodywork qualification or be involved in the coaching of sporting teams. Ideal applicants include Neuromuscular Therapists, Physiotherapists, Sports Coaches etc.

Applicants must hold a valid First Aid certificate with a minimum of six months validity remaining. The First Aid Certificate must have been issued by a

recognised authority in the area of first aid.

Individuals who do not hold a current First Aid certificate may still participate but the certificate for Taping and Strapping Procedures will not be issued until such time as the participant obtains First Aid certification.



The National Qualification in Taping and Strapping Procedures covers all relevant areas including:

- ➔ Identification of common injury sites

- ➔ Accessing suitability for strapping
- ➔ Identification of appropriate strapping technique for specific injuries
- ➔ Preparation of injury site for strapping and rationalisation of need for underwrap etc.
- ➔ Strapping application, binding and subsequent removal.
- ➔ Kit bag and material requirements
- ➔ Practical strapping demonstrations for ankle and foot, lateral / collateral ligament, hamstring, thumb and fingers, wrist and elbow including student participation.



National Qualification in Advanced Emergency Care in Sport

This three day, modular programme, leads to qualification in Emergency Care in Sport and is available in Dublin.

As outdoor facilities are also required for this course it is delivered at Sportslink, Furry Park, Santry, Dublin 9.



The National Qualification in Emergency Care in Sport, which is awarded by the National Training Centre and delivered in partnership with the Academy of Emergency Care in Sport (AECS), Emergency

Department, Cork University Hospital, offers graduates the skills and qualification required to protect and treat injured participants and to deliver immediate emergency care at sporting and training events

The National Qualification in Advanced Emergency Care is open to individuals who are working with sporting teams in either a professional or voluntary capacity and who are, or would like to be, responsible for providing immediate Emergency Care at any sporting event or training.

Module 1 - Core Course

Module 2 - Cardiac First Responder

Module 3 - Advanced Casualty Management

For complete course literature specific to this course please visit www.ntc.ie or call 01 - 882 7777





National Qualification in Pilates Matwork Level 3

Pilates is a method of exercise and physical movement designed to stretch, strengthen, and balance the body. With systematic practice of specific exercises coupled with focused breathing patterns, Pilates has proven itself invaluable not only as a fitness method, but also as an important adjunct to professional sports training and physical rehabilitation of all kinds.

The Pilates Institute Ireland training is based on an equal measure of both strength and relaxation to develop the strength and mobility aspects as you progress through the various educational modules available. Programmes are open to all and are taught in a progressive modular

manner with the primary Matwork Level 3 programme accredited by CYQ.

Pilates programmes available at the NTC include:

- ➔ Matwork Level 3
- ➔ Small Equipment
- ➔ Special Populations

For complete course literature specific to Pilates please contact
01 - 882 7777 or visit
www.ntc.ie



VARIABLE
DURATION

DUBLIN





Human Anatomy Dissection Seminar

Join anatomist, physiologist and founder of European Neuromuscular Therapy, John Sharkey, at the Department of Anatomy, Kings College London for a unique exploration of human anatomy, through the art of human dissection, with a special emphasis on fascia.

3
DAYS

LONDON

This seminar offers therapists and other allied professionals a unique educational experience that will influence the way you work.

There is no substitute for dissection in your efforts to

learn, appreciate and truly understand human anatomy.

This seminar will provide you with a three dimensional view of the human form as we take a unique look inside the body to explore beneath the skin.

A special focus on Myotensegrity, the one muscle hypothesis, will set the stage for a unique view of fascia as a major component in human movement. Participating in this short intense course will change so much of what you know about human movement.

For complete course literature please contact 01 - 882 7777 or visit www.ntc.ie





National Qualification in Frequency Specific Microcurrent

This programme has been developed by Dr. Carolyn McMakin, the acknowledged leading world authority in the area of Frequency Specific Microcurrent.

FSM is used to treat nerve and muscle pain and many other conditions using specific frequencies and micro amperage current.

2
WEEKENDS

DUBLIN

This programme is open to qualified individuals including doctors, nurses, physiotherapists, chiropractors, osteopaths, acupuncturists,

occupational therapists, massage therapists, physical therapists and neuromuscular therapists. Some other complementary therapists may also be eligible.

Frequency Specific Microcurrent (FSM) uses a device manufactured by Precision Microcurrent Inc. It has two independent channels that allow you to set both the frequency and the current independently for each channel and was developed in 1990 by an engineer named Glen Smith. He created unique circuitry that allows for long battery life and frequencies that are precise to three digits to 0.1% accuracy.

There are frequencies for over 200 conditions from very common conditions like

inflammation and scar tissue and mineral deposits and toxicity to very unusual and hard to document conditions.

There is one frequency combination that takes away shingles pain. When it is used before the blisters break out for an hour a day for three days, the pain is gone in 20 minutes and the blisters never break out. When it is used after the blisters break out it takes the pain away and shortens the course of the shingles. Shingles is the only thing this specific frequency is good for and so far there is no one it has not worked on.

For complete course literature please contact 01 - 882 7777 or visit www.ntc.ie

Thank you for the sale
A
your team did in w

I completed my studies at the National Training Centre Dublin back in 2009 in Exercise, Health Studies & Personal Training. The best course and decision I ever made in my life. Since then I have moved to Vancouver Canada and have been working in the fitness industry and added on many accredited programmes to my cert.

Zoe Quinn

Just to say big thanks for the excellent (NTC) course in Santry on the 25th to 27th of Feb, the course was extremely thorough as we were taken through scenarios indoor and outdoor, brilliantly delivered. Would recommend to anyone thinking of emergency first response courses as I have attended a couple of OFA ones and this blows them out of the water!!

Paul Rock

I have just sat my NMT exams and if it wasn't for Larry, one of my tutors who helped me out, I would have let my nerves get the best of me. I also wish to thank the rest of the tutors and staff for all their help over the past 18 months.

Nicole Dunne

Thanks to all the amazing tutors on the NMT course I'm a very happy camper today.

Sharon Norman

O'Donoghue

So delighted having received my results today by post. Thanks to all at the NTC for delivering such a fantastic course, all the hard work paid off, and I'll have two more certs to add to my growing wall.

Pamela Cranks



Locations



DUBLIN

National Training Centre
15-16 St. Joseph's Parade, Dorset Street, Dublin 7
Telephone: 01 882 7777



CORK

Mardyke Arena, University College Cork,
Western Road, Cork
Telephone: 021 430 1222



GALWAY

Pillo Hotel
Headford Point, Headford Road, Galway
Telephone: 01 882 7777



DONEGAL

Tobins
Port Road, Letterkenny, Co. Donegal.
Telephone: 074 912 1733



LIMERICK

Limerick Strand Hotel
Ennis Road, Limerick City.
Telephone: 061 512 810

NTC

See who you can be!

Σεε μπροστά σου ποιος είσαι!

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