

Note: Traineeships are delivered by the Education and Training Boards (ETBs). The decision by an ETB to deliver a traineeship is determined based on the needs identified in collaboration with industry/employers in the sector and local requirements.

Therefore, not all ETBs will offer every traineeship; likewise, elements of a traineeship such as the content, award, duration etc may vary based on the needs identified.

The information below is a sample only; it gives an idea of what this traineeship involves but may not be replicated exactly across ETBs offering this traineeship.

SAMPLE DESCRIPTOR

Sports Recreation and Exercise Traineeship

The aim of the programme is to enable the trainee to acquire the knowledge, skill and competence in a range of sports, recreation and exercise activities to work under supervision in a variety of sports related contexts and or to progress to further and or higher education and training.

Typical Certification:	QQI-FE Level 5 Sports, Recreation & Exercise
Typical Content:	<ul style="list-style-type: none"> Career Planning and Job Seeking Skills Customer Service Exercise and Fitness First Aid Responder Leisure Facility Administration National Assistant Swim Teacher National Pool Lifeguard Nutrition Safety and Health at Work Soccer Coaching Sports Anatomy and Physiology Sport and Recreation Studies Work Practice Sports Recreation and Exercise
Typical Duration:	58 weeks All Traineeships have a minimum of 30% on-the-job learning.
Further information	<p>Details of traineeship programmes currently open for registration are available on www.fetchcourses.ie</p> <p>Further information on traineeship programmes may also be obtained from your local Education and Training Board (ETB) www.etbi.ie/etbs/directory-of-etbs/</p> <p>Some traineeship programmes may not be open for registration at a particular time.</p>