

# CERTIFICATE IN HEALTH PROMOTION, NUTRITION & EXERCISE

## - MINOR AWARD NEW 2008

### Course Objective

The Certificate in Health Promotion, Nutrition & Exercise is aimed at those who work in the sector and wish to upskill in this area or those who wish to join the sector. It is designed to respond to the need for increased exercise, health promotion and nutrition awareness among the youngest in our society. The certificate is both theoretical and practical, including physical activity and the creative arts.

The course consists of four 25 hour modules. To facilitate practitioners, each module will be delivered in the evenings on a flexible basis.

### Course Content

- Child Health & Health Promotion 1
- Creativity 1

- PE for Young Children
- Child Health & Health Promotion 2

#### FOR FURTHER INFORMATION CONTACT

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#### FOR FURTHER INFORMATION ON MINOR AWARDS

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### Entry Requirements

There are no specific entry requirements.

### Key Information

DURATION	2 Semesters - It is envisaged to deliver two modules between September and the end of November 2008 and the remaining two modules between January and March 2009.
QUALIFICATION	Certificate in Health Promotion, Nutrition & Exercise - Minor Award
COST	€1,280
START DATE	September 2008

### Progression Opportunities

This minor award is worth 20 ECTS credits. Successful completion contributes 20 ECTS credits towards the completion of the BA (Hons) in Early Childhood Care & Education.