

**Coiste Gairmoideachais Chontae an Chabháin  
County Cavan Vocational Education Committee**



**Certificate in Exercise & Health Fitness**  
*Accredited by the University of Limerick*

**Certificate in Exercise & Health Fitness** is a one-year, part-time course leading to a Certificate in Exercise and Health Fitness (NFQ Level 6), facilitated by the National Council for Exercise & Fitness (NCEF) and awarded by the University of Limerick (UL). Fees for this programme are €2,560 inclusive of tuition, examinations and registration. The programme will be provided at Virginia College, Cavan once sufficient numbers are enrolled.

Certificate in Exercise & Health Fitness holders are educated & trained to provide instruction in exercise to music, step aerobics, circuit and resistance training. Equally important is their ability to assess fitness levels and to plan safe, effective and enjoyable physical activity programmes for individuals or groups of all abilities. Certificates are awarded to candidates who have successfully completed an intensive programme of practical and theoretical studies.

Students who successfully complete the certificate programme may proceed to the Diploma in Exercise & Health Fitness (DEHF) (NFQ Level 7), also awarded by UL which provides a career pathway for instructors who wish to progress to advanced levels within the industry.



**UNIVERSITY of LIMERICK**  
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