

# Part-time Taught Masters Programme in Adapted Physical Activity Leadership



The MSc in Adapted Physical Activity Leadership (APAL) commenced full time delivery at the Institute of Technology Tralee in 2014. We are offering the programme on a part time basis for applicants to the programme in this coming academic year, 2015/2016.

The programme has been developed in response to an increase in demand for highly skilled professionals who can take a leadership role in developing this emerging discipline of practice in Europe. This taught level 9 programme builds on the focus of adapted physical activity within the Health and Leisure undergraduate ordinary and honours degree programmes at the Institute and is in line with the European Standards in Adapted Physical Activity (2010).

The overall aim of this Masters degree programme is to provide the opportunity for professionals and graduates in the areas of health, education, care and leisure, to develop their capacity as transformative leaders to ensure universal access to physical activity. This aim echoes the long held vision of the APA movement and is in line with the aim of the United Nations (UN) convention on the rights of persons with disabilities (2006) - ensuring the equal rights of persons with disabilities. Unfortunately in 2015 there are still great inequities in participation and the realisation of the vision of universal access to physical activity is dependent on the growth, development and support of APA across all UN states. There is therefore an imminent need for trained professionals to show leadership in overcoming remaining barriers and developing capacity to bring the shared aspirations of so many to fruition.

## Entry Requirements

Applicants to the Masters in Adapted Physical Activity Leadership and its embedded awards must meet the following minimum entry requirements:

- Bachelor (honours degree) 2.2 or higher in physical education, health and leisure, sports science, physiotherapy or related fields
- The applicants undergraduate program must include attainment in the discipline areas of anatomy, physiology and adapted physical activity.
- Sufficient conversational and written English language skills - an IELTS requirement of 6.5.
- There are additional prerequisite knowledge requirements for some of the elective choices.

Please see [www.ittralee.ie/postgraduate](http://www.ittralee.ie/postgraduate) for more information on entry requirements.

## Delivery

The Masters programme will be delivered over 2 academic years with an intake in September 2015. As a part time programme students will attend IT, Tralee one day each week during the academic semesters from September to December and January to May each year.

## Cost

The total programme cost of the MSc including student contribution charge is €3,365 per year (Fees can be paid in instalments if requested). Please visit [www.revenue.ie](http://www.revenue.ie) for details of tax relief opportunities.



Year 1 Modules	Semester	Credits
Disability Studies	1	5
Interprofessional Leadership	1	10
Policy Analysis and Development	1	5
Communication and Relationship Management	2	10
Wellbeing Health and Disability	2	5
Research Methodology and Project Design	2	5

Year 2 Modules	Semester	Credits
Universal Programming and Facilitation	3	10
Co-ordination of Inclusive programme*: • Inclusive Fitness • Danceability • Adventure Therapy & Adapted Outdoor Education OR • Inclusive Aquatics	4	10
Dissertation	Across 3 and 4	30

*\*One of the elective choices will be available. Students will be asked to register their preference on application.*

**APPLICATION CLOSING DATE**  
**31st May 2015**

**Late applicants are not guaranteed a place on the course.**

**Duration: 2 years**  
**Credits: 90**

# Minor Awards

Professionals who do not want to pursue a full masters programme but are interested in completing a number of modules to advance their knowledge and skills can opt to complete a minor award as part of their ongoing professional development or to continue to add to their awards and over time complete a postgraduate diploma or Masters. There is one, 20 credit, minor award option running from September 2015 to May 2016. Classes will take place on one day each week during the semester.

## Adapted Physical Activity Communication, Policy and Provision

There is a need for proactive members of multidisciplinary teams who have the self awareness in their strengths and abilities and the knowledge and understanding of disability issues to impact on policy development and implementation which will benefit people with and without disabilities in being active in inclusive settings. To be a strong advocate one needs confidence but also a vast knowledge of policy and legislation at local, national, European and international levels as well as the issues facing people with disabilities. This minor award will be very attractive to recent graduates who are trying to find their voice in their organisation.

## Programme Delivery

Four hours per week in semester 1.  
Three hours per week in semester 2.

## Modules

Disability Studies and Policy Analysis and Development  
Communication and Relationship Management

**Cost** €2,245 (Fees can be paid in instalments if requested)

## Why study at IT, Tralee?

The Health and Leisure Department at the Institute of Technology Tralee and its associated ordinary and honours degree programmes have a local, national and international reputation for excellence and innovation. The location of CARA National APA Centre at IT, Tralee is testament to the lead role of ITT in the field nationally. The CARA Centre is recognised as a lead agency nationally in facilitating, coordinating and advocating for the inclusion of people with disabilities in sport, physical activity and physical education.

Internationally IT, Tralee has led and participated in a number of European projects aimed at advancing the discipline. IT, Tralee's expertise in the area, coupled with their work in improving standards and opportunities nationally and internationally, was recognised by UNESCO (United Nations Educational, Scientific and Cultural Organisation) in May 2013. In recognition of expertise and ongoing commitment, UNESCO signed an agreement with the Institute to establish a Chair entitled 'Transforming the lives of people with disabilities, their families and communities, through Physical Education, Sport, Fitness and Recreation'. This is the first such Chair worldwide. This Chair now leads a global partnership working in the domains of quality inclusive Physical Education, Sport, Recreation and Fitness as part of a broader intersectional human rights agenda focused on the social inclusion of marginalised groups in keeping with the goals of the United Nations.

To apply for consideration for entry to the MSc in Adapted Physical Activity Leadership candidates must contact:

**Lucy Fitzell, Admissions Officer**

**Tel: + 353(0) 66 7145638, Email: [admissions@staff.ittralee.ie](mailto:admissions@staff.ittralee.ie)**

**Closing date: May 31st 2015.**

For further information on the programme contact:

**Aileen Kennedy,**

**Head of Department of Health and Leisure Studies**

**Tel: 066 7144168, Email: [aileen.kennedy@staff.ittralee.ie](mailto:aileen.kennedy@staff.ittralee.ie)**



United Nations  
Educational, Scientific and  
Cultural Organization



UNESCO Chair "Transforming the Lives  
of People with Disabilities, their Families  
and Communities, Through Physical Education,  
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