



SOUTH EAST TECHNOLOGICAL UNIVERSITY

COURSE EVALUATION 2

ASSESSORS' REPORT TO ACADEMIC COUNCIL

COURSE EVALUATED:	Certificate in Long Term Conditions Exercise Instruction (Level 7, 20 credits, Special Purpose Award) Certificate in Understanding and Supporting Physical Activity for Long Term Conditions (Level 7, 10 credits, Special Purpose Award) Certificate in Safe and Effective Exercise for Long Term Conditions (Level 7, 10 credits, Special Purpose Award)
FACULTY:	Health Sciences
DEPARTMENT:	Sport and Exercise Science

CE2: Certificate in Long Term Conditions Exercise Instruction; Certificate in Understanding and Supporting Physical Activity for Long Term Conditions; Certificate in Safe and Effective Exercise for Long Term Conditions

1. INTRODUCTION

The following is a review report to Academic Council from the panel of assessors on the proposal from the Faculty of Health Sciences at South East Technological University to develop a Certificate in Long Term Conditions Exercise Instruction (Level 7, 20 credits, Special Purpose Award); a Certificate in Understanding and Supporting Physical Activity for Long Term Conditions (Level 7, 10 credits, Special Purpose Award); and a Certificate in Safe and Effective Exercise for Long Term Conditions (Level 7, 10 credits, Special Purpose Award). In accordance with the regulations governing the evaluation of new programme proposals, as set out in the South East Technological University *Programme Quality Assurance Enhancement Policy and Procedures*, the programme proposal was reviewed by a panel of assessors.

The panel of assessors who contributed to this report were:

- Majella O'Shea, Education Policy Consultant (Chair)
- Dr Bláthín Casey, Project Manager, Healthy Eating Active & Wellbeing, Health Service Executive Health and Wellbeing
- Dr Colette Moloney, Assistant Registrar, South East Technological University
- Dr Tony Murphy, Academic Council Representative, South East Technological University
- Dr Joanne Regan-Moriarty, Lecturer in Department of Health & Nutritional Science, Atlantic Technological University

In accordance with the regulations set out in the aforementioned *Programme Quality Assurance Enhancement Policy and Procedures*, a review meeting took place on 7 October 2025. The review meeting was conducted virtually via Teams. In the course of the meeting, the panel of assessors met with the programme development team. The following members of the South East Technological University team were present:

- Prof. Michael Harrison, Head of Department of Sport and Exercise Science, South East Technological University
- Dr Barry Lambe, Lecturer, Department of Sport and Exercise Science, South East Technological University

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- Annalouise Muldoon, Lecturer, Department of Sport and Exercise Science, South East Technological University

The assessors wish to thank the members of the development team for engaging generously and openly with the review process.

2. SUMMARY RECOMMENDATIONS AND CONDITIONS

2.1 General Remarks

The panel commends the Faculty on proposing an innovative suite of programmes to meet an identified training need in the sector. The panel **recommends approval of the Certificate in Long Term Conditions Exercise Instruction (Level 7, 20 credits, Special Purpose Award); the Certificate in Understanding and Supporting Physical Activity for Long Term Conditions (Level 7, 10 credits, Special Purpose Award); and the Safe and Effective Exercise for Long Term Conditions (Level 7, 10 credits, Special Purpose Award)** until the next programmatic review in the Faculty of Health Sciences. **Approval is conditional on the submission of a revised programme document that takes account of the conditions and recommendations outlined below; and the submission of a summary document describing the responses and actions of the Faculty to address the conditions and recommendations made by the review panel.**

Areas for attention have been emboldened in the text for convenience of reference. Action is required on items marked ‘Conditions’ and such action is mandatory if the programme is to be approved; action is highly recommended on items marked ‘Recommendations’.

2.2 Conditions

- There is a lack of clarity in the document as to whether the two 10-credit awards are proposed as Minor or Special Purpose Awards and the programme learning outcomes for same are not listed. **The proposal should be amended to propose three Special Purpose Awards, with accompanying programme schedules, and to state the programme learning outcomes for each award. The programme learning outcomes for the individual programmes should be mapped to the SETU Awards Standards for NFQ Level 7 to ensure that the awards are at the requisite level. Any Special Regulations**

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proposed, such as failed components, should be articulated in the programme schedules and derogations sought from SETU Academic Council for same, if any are not in line with the *SETU Academic Regulations for Taught Programmes 2025-2026*.

- It is not clear if the entry requirements stated on page 15 of the document apply to all three Special Purpose Awards, or just the 20-credit Certificate in Long Term Conditions Exercise Instruction. **The entry requirements for all three programme should be clearly stated in the document.**
- **Greater clarity is needed on the proposed delivery of the modules and on the nature, organisation and assessment of placement and its relationship to applied practical experience. The nature of the module delivery and placement, where relevant, should be articulated in the programme document and in the module descriptors, and placement should be incorporated in the effort hours in the ‘Safe and Effective Exercise for Long Term Conditions’.**
- There is a proposal to set the pass mark for MCQ sections of the modules at 70%. Approval of such a derogation to SETU Academic Regulations is not within the remit of the current panel and the **Faculty should submit any proposed derogations to SETU Academic Council for consideration, if they wish to proceed with same. Alternatively, the Faculty could consider maintaining the SETU grading system, or assessing the MCQs on a Pass/Fail basis, and design the assessment criteria to ensure that the requisite skills and knowledge are obtained by anyone passing the assessment.**
- **The programme aims and objectives should be revised and enhanced and the discussion on careers/jobs disaggregated and addressed in a separate section.**
- **The modules should be entered on the SETU Waterford Module Catalogue, once same is available.**

2.3 *Recommendations*

- **The Faculty should investigate if Garda Vetting would be required by participants on this programme and articulate same in the revised programme document, if required.**

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- **The entry requirements for the 10-credit Certificate in Safe and Effective Exercise for Long Term Conditions should be re considered, given that the learners will not necessarily have completed the ‘Understanding and Supporting Physical Activity for Long Term Conditions’ module prior to undertaking the aforementioned certificate.**
- **The Faculty should engage further with the sector when deciding on the delivery schedule for the programme to ensure that day release can be facilitated by employers and ascertain which days of the week are most convenient for same.**
- **The Faculty should consider if a hyphen is required in ‘long term’ in the award titles e.g. Certificate in Long-Term Conditions Exercise Instruction.**

Signed:

Majella O'Shea.

Majella O'Shea (Chair)

Date:

13/10/2025