

Pearse College

of Further Education



Flexible *A* Fours

This is a fresh new approach, based on a flexible menu that allows you to pick and choose the courses that you want from a list of options.

You can choose to undertake 1 course and attend 1 afternoon a week, or you can do 2, 3 or 4 courses at a time. You can choose to undertake 4 courses from the same general area, or could choose from a mixture of sectors.

Applicants should have a minimum of a Leaving Certificate or equivalent.

- ▶ It is designed to suit those looking for a new direction in their careers, but who may be unsure which path to follow.
- ▶ It can also be useful for people who wish to develop their skills further or get certification in an area that they have experience in.
- ▶ It is a chance to try out an area that you have always wanted to develop, but never had the time.
- ▶ **Social welfare benefits are unaffected**
- ▶ **The courses are Free to anyone in receipt of Social Welfare and to Medical Card holders**

HOW IT WORKS

Sectors

Courses fall into 4 sectors:

IT/Computers

Care

Business / Enterprise

Health / Science

Days

Courses are run on 4 afternoons a week - Monday, Tuesday, Wednesday and Friday

Courses

4 courses are run on each of the 4 days – 1 in each of the 4 sectors

Times

Classes start at 1.30pm and finish at 4.00pm

Length

There are 13 classes per course

Certification

The courses are certified by FETAC at Level 5

▼ SECTOR	▼ MONDAY	▼ TUESDAY	▼ WEDNESDAY	▼ FRIDAY
IT/Computers	Web Authoring	Networking with an Introduction to Cloud Computing	Web Authoring	Computer Programming with an Intro to Apps Design
Care	Care of the Older Person	Child Development	Caring for the Planet/Environmental Studies	Self Care: Stress & Time Management
Business/Enterprise	Enterprise	Setting up a Small Business	Business Administration	Customer Service
Health/Science	Exercise & Fitness	Nutrition: Theory	Reflexology	Nutrition: Practical



Web Authoring

Certification Fetac Level 5

Have you ever wanted to design, build and maintain your own website? Maybe you're planning to start a business and want to use the internet as your tool to advertise. This is the course for you.

Using current design software this course is aimed at people with computer skills who wish to expand their skills into the area of website design.

Care of the Older Person

Certification Fetac Level 5

Do you already care for a friend or relative? Would you like to work in the community or a residential care area?

If you are interested in working as a member of a care team or pursuing a career as a Care Assistant then this course will provide you with some foundation skills necessary in the care area.

Enterprise

Certification Fetac Level 5

In these days of recession we need entrepreneurs to come up with ideas and see them through to completion. This course will provide you with the skills and knowledge necessary to source, screen and develop an enterprise idea.

If you're full of ideas but not sure what to do with them this course could be the one for you. It will help you identify the process of marketing a product or service, develop a business plan and appreciate the processes which transform an idea into an opportunity.

Exercise & Fitness

Certification Fetac Level 5

People who successfully complete this course will be qualified to work as assistant exercise and fitness instructors under the supervision of a qualified instructor.

The course is divided into 6 units which will provide you with the skills necessary to assist in the delivery of safe and appropriate exercise and fitness programmes.

The 6 units studied are:

- ▶ Applied anatomy and physiology
- ▶ Fitness training theory
- ▶ Managing an exercise session
- ▶ Exercise to music
- ▶ Circuit training and flexibility
- ▶ Resistance training.

Networking with an Intro to Cloud Computing

Certification Fetac Level 5

Networks play a big role in the modern world of industry, education, communication and business. If you would like to learn more about the development and maintenance of local area networks then this is the module for you.

Topics also include Fundamentals and Topologies, Devices and Media, Resource Management and Troubleshooting.

Child Development

Certification Fetac Level 5

Are you interested in child care or do you have already worked in this area?

This course will help you understand the needs of children in physical, emotional and social aspects. It's ideal for adults and parents who are considering employment in child care or might start their own day care centre.

Setting up a Small Business

Certification Fetac Level 5

Are you are thinking of setting up a small business but have no idea where to start? This course is designed for you. The fundamentals of setting up a business are covered. You will get an understanding of the principles of basic book keeping and the financing of a new business. The course will ensure that you understand your requirements for complying with VAT, PAYE and PRSI and will introduce you to business law and market research.

Nutrition: Theory

Certification Fetac Level 5

"You are what you eat" has become a bit of a catchphrase in modern life. It's "hip" to talk about nutritional value, preservatives and organically produced food and we are focusing our attention on healthy eating as opposed to faddy diets.

This course provides you with the knowledge of the composition of food and an understanding of how food affects an individual's personal well-being.

The course is divided into 4 units:

- ▶ Composition of Food
- ▶ Nutrition and Health
- ▶ Nutrition and Exercise
- ▶ Food Labelling

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Caring for the Planet / Environmental Studies

Certification Fetac Level 5

Environmental issues such as Climate Change and Population Growth have become one of our greatest challenges as we progress into the 21st century.

This module is designed to enable you to gain an awareness and understanding of current environmental debates and problems, and to understand national and international regulation and legislation that guide the resolution of these issues. It will provide guidelines for more sustainable living for the 21st century. It will also provide you with an ability to understand and work towards the implementation of current practices of environmental management. Topics covered will include areas such as Natural Resources, Population and the Environment, Climate Change, Biodiversity and Sustainable Development.

Business Administration

Certification Fetac Level 5

This course is designed for those who would like to work in a junior administrative position in an organisation.

Those who complete this course will learn about:

- ▶ The structure of organisations
- ▶ The functions of human resources
- ▶ Processing business documents
- ▶ Administrative duties in relation to meetings.

Reflexology

Certification Fetac Level 5

Reflexology is the holistic understanding, study and practice of treating points and areas in the feet and hands that relate to corresponding parts of the body. This encourages the person's own healing systems to be activated to maintain wellbeing.

Reflexology is a gentle healing art which dates back to ancient Egypt and China.

This module includes the history, philosophy as well as the techniques of Reflexology.

Computer Programming with an Intro. to Apps Design

Certification Fetac Level 5

Are you interested in the concepts involved in programming and the principles of software design? Would you like to find out more about APPS development?

Then this course might suit you.

This module is designed to familiarize you with industry programming practices. You will also require the skills to construct reliable software and test programmes effectively.

Self Care

Certification Fetac Level 5

This course, *The Philosophy of Holistic Massage* is designed as an introduction to the benefits of holistic health in everyday life. It explores the following areas:

- ▶ ancient healing traditions including Ayurvedic medicine in India, Chinese medicine and acupuncture
- ▶ stress management - identify the signs and symptoms of stress and how to address it - what's your stress score?
- ▶ time management - prioritise and plan for a better, less stressful life
- ▶ a number of relaxation techniques including; massage, meditation and visualisation
- ▶ a basic introduction to using aromatherapy oils to calm and de-stress
- ▶ living a healthy life; including exercise and diet.

Customer Service

Certification Fetac Level 5

Good quality customer service is hard to find and in these days of recession it is even more important for companies to source customers and keep them. This course is designed to enable you to deliver good quality customer service in any industry. Learn as a member of a team in a fun interactive way about the role of customer service, how to handle customer complaints and meet customer needs.

Nutrition: Practical

Certification Fetac level 5

Food processing and manufacturing are currently big business areas in Ireland as our agricultural sector continues to develop.

Want to find out how your breakfast cereal or toast is fortified with vitamins? How cheese is made and beer made safe to drink? Then this course could be the one for you.

It will help you to understand the role of the food processing industry in the Irish economy, introduce food processing techniques and includes preparation and cooking of food