**Postgraduate Certificate: Optimization of Health for Performance in Irish Dancers**

Frequently Asked Questions

**1.How much time will it take? I’m pretty busy as it is.**

This course runs from September to May and is designed with the busy professional student in mind. It will be broken down into bite-sized pieces that students can engage with as time allows. The educational technologist here in University of Limerick is helping with the programme design to ensure that it suits busy adult learners.

Weekly lecture material will be broken down into several short videos – no longer than 15 minutes each. Students would review these before coming to the live session. This is called a “flipped classroom” approach, which means students see the material before we discuss it together live online. There will also be weekly tasks that students can integrate into one’s dance practice – for instance, reflect on an injury that you/a dancer has had, and try to identify the risk factors associated. There will also be online blogs for students to contribute to, quizzes for self-assessment and a library of resources on each topic (journal papers, podcasts, videos etc).

**2. Are there many assessments to worry about?**

The assessments will be built into the learning so there’s no big end of semester exam to worry about. This mode of continuous assessment will be integrated into your weekly learning, so it is meaningful, reflecting an ethos of assessment for learning.

**3. When do the online sessions take place?**

There will be a 1.5-hour live session each week. I plan to deliver them twice (a repeat session) to account for time zones and to accommodate as many people live as possible. The application closes in mid-August at which stage, I will reach out to participants and find out what suits them best and then schedule times around that information. Current applicants come from North America, Australia, Europe and Canada. It may be that we vary the times of live sessions from week to week to ensure that everyone gets as much access to the live sessions as possible. They will of course be recorded for people can’t attend live each time.

**4. How do I know if I am eligible to apply?**

The programme is available to anyone who has a Level 8 first- or second-class honours degree (which in EU terms is a bachelor’s level). The admissions office at UL can tell you if your international degree matches that standard. Alternatively, if you have “recognised prior learning”, you are also eligible. Anyone with a TCRG, ADCRG or a TMRF (or equivalent from any recognised Irish dancing governing body) is automatically eligible. For parents, other adults or dancers over 18, recognised prior learning means significant expertise (over 5 years of engagement at open/championship level) of competitive or professional Irish dancing.

**5. How much is the programme?**

The programme costs €2,450 for the year and can be paid either in full or instalments over the course of the year.

**6. Can I have more information about possible payment plans?**

Fees may be paid up-front in full or at the start of each semester, but in terms of the best payment plan to spread the fees, the following options apply.

For EU students, an up-front deposit of €250 is required with an option to spread the balance over a nine-month period. This amounts to €245 per month.

There is a deposit of €600 for non-EU students up front, and the balance can be split over the following 9 months. This amounts to approximately €206 per month.