

# 2017/2018 ACADEMY ONE BROCHURE

PROFESSIONAL TRAINING & EDUCATION FOR

THE HEALTH, BEAUTY & FITNESS INDUSTRY

The background of the brochure is a photograph of a large group of graduates in academic regalia. They are silhouetted against a bright, low sun, creating a warm orange and yellow glow. Many graduates have their arms raised in celebration, and several black graduation caps are seen flying through the air. The overall mood is one of triumph and achievement.

ACADEMY  
ONE



# YOUR FUTURE STARTS AT ACADEMY ONE

Academy One is Ireland's leading Private college and professional training providers.

Our Graduates have gained the necessary Qualifications, skills and confidence to work in some of Ireland's best establishments

The professional industry never stands still and neither do we, We are continually introducing new classes and amending our curriculum to provide our students with the most up to date requirements they need to offer a far superior service to their clients

Whether you are thinking of beginning a new career or continuing your professional development in a specific field, Academy One can offer the right course for you along with continuous support throughout your learning experience.

## QUALIFICATIONS

Academy One is a registered ITEC college and has been delivering professional training since 2008. Academy one is associated with a number of govern bodies who set the standards in specific fields and we assure our courses meet such standards, Academy One courses also include recognition from REPs, Irish Heart Foundation, QQI, Fetac

*Paul O'Leary*





# ACADEMY ONE

## 2017/2018

### CAREER OPTIONS

Academy One run a number of Part Time & Online courses in the following sectors:

FITNESS

BEAUTY

NUTRITION

SPORT

FIRST AID





# FITNESS



## COURSE OPTIONS

The courses listed below will be available, contact us or visit our website to up to date with course dates

### COURSES

- 1 ITEC Gym /Fitness Instruction course
- 2 ITEC Personal Training Course
- 3 ITEC Exercise & Physical Activity for Children
- 4 ITEC Pilates Instructor Course
- 5 ITEC Yoga Instructor Course
- 6 ITEC Diploma in Education and Training

**All course are blended learning with access to online materials**

### PROFESSIONAL TRAINING WORKSHOPS

- 1 Kettlebell Instructor course
- 2 Indoor Cycling Instructor course
- 3 Suspension Training Instructor course



# BEAUTY ACADEMY ONE



## COURSE OPTIONS

The courses listed below will be available, contact us or visit our website to up to date with course dates

## COURSES

- 1 ITEC Beauty Specialist course
- 2 ITEC Diploma in Education and Training
- 3 ITEC Make Up Certificate Course

All course are blended learning with access to online materials





## COURSE OPTIONS

The courses listed below will be available, contact us or visit our website to up to date with course dates

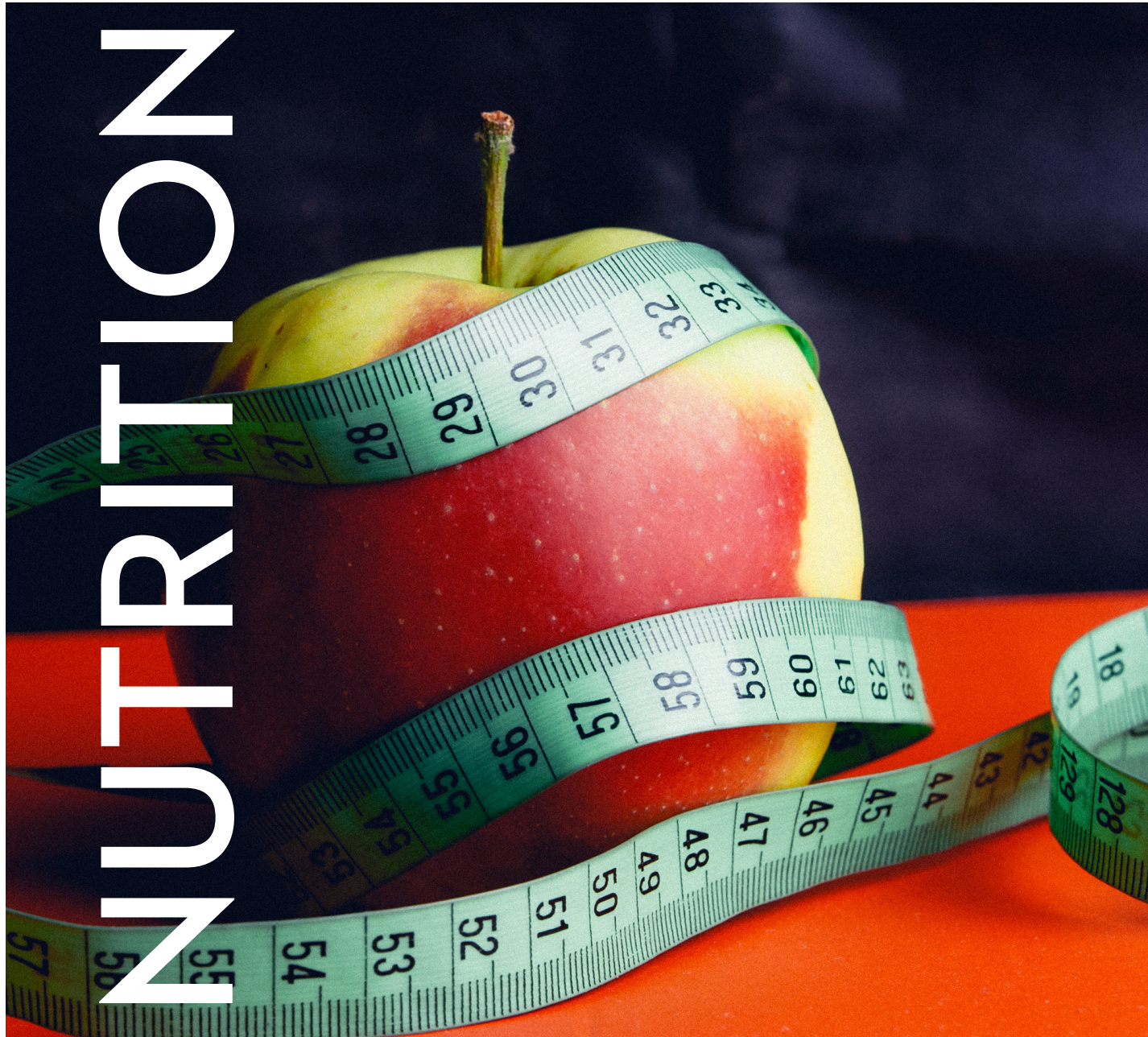
### COURSES

- 1 Occupational First Aid Course
- 2 Occupational first aid refresher course
- 3 Paediatric First Aid Course
- 4 Heartsaver CPR-AED course
- 5 Manual Handling course

All course are blended learning with access to online materials



# NUTRITION



## COURSE OPTIONS

The courses listed below will be available, contact us or visit our website to up to date with course dates

## COURSES

- 1 Diet & Nutrition Certificate Course
- 2 ITEC Diet & Nutrition Diploma Course
- 3 ITEC Diploma in Education and Training

All course are blended learning with access to online materials

**COURSES CAN  
BE DONE  
SOLELY ONLINE**





# SPORT

## COURSE OPTIONS

The courses listed below will be available, contact us or visit our website to up to date with course dates

### COURSES

- 1 ITEC Sports Massage Course
- 2 ITEC Strength & Conditioning Course
- 3 First Aid in Sports
- 4 ITEC Diploma in Education and Training

All course are blended learning with access to online materials





In 2017 Academy one is celebrating their 9th year anniversary, set up in 2008 in the height of the recession, Academy One has shown great resilience in making big steps and becoming one of the leading providers in professional training and education across the country. Academy One has steadily grown and expanded the business year to year and has now locations across Ireland including Galway and Cork and is supported by a great team of staff.

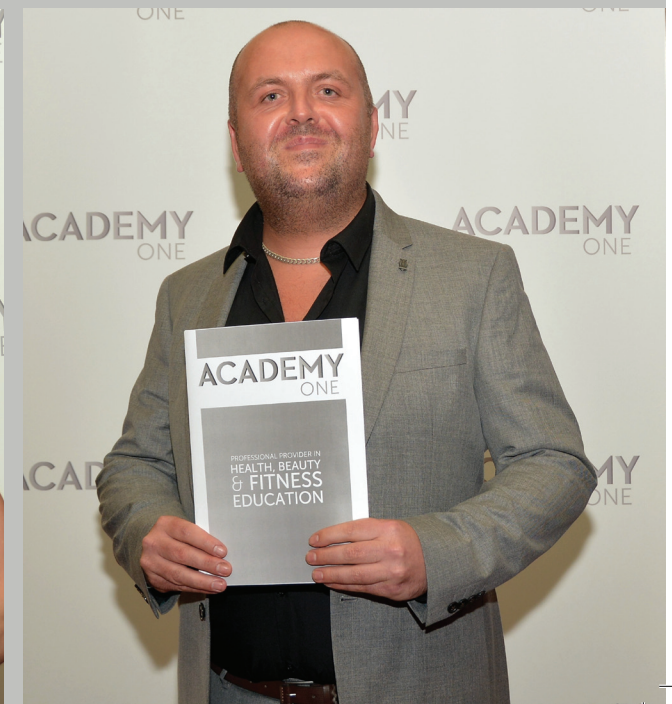
We have been delighted to create opportunities and employment within our business to past graduates and also help our graduates gain employment in other establishments.



# 2016 SUCCESS

Academy one will be looking to continue the success and expand the business in turn creating more employment opportunities. We hold our yearly graduation in the Academy One Headquarters in Citywest Hotel, Awarding all our graduates with certification of Achievement.

This has become a big date in the Academy calendar and is a great night to show our appreciation for all the hard work and effort put in from our students, the graduation is to celebrate not the end but the beginning of their exciting new career ahead. In 2017 alone we will be successfully graduating well over a 100 students in a number of major and minor Certification awards across a number of professions.





# ACADEMY ONE REGISTERED CENTRES

## **ACADEMY ONE HEADQUARTERS**

Citywest Health & Leisure Club,  
Citywest Hotel,  
Saggart,  
Co Dublin

## **ACADEMY ONE CENTRES**

Ardilaun Health & Leisure Club,  
Ardiluan Hotel,  
Taylors Hill,  
Galway City

NRG Xpress,  
Little Island Scout Hall,  
503 504,  
Clash Road, Cork

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# ACADEMY ONE



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