

# LM105 – BSc in Exercise and Health Fitness Management

## Application information for mature student applicants

Apply through CAO by 1 <sup>st</sup> February <a href="http://www.cao.ie">www.cao.ie</a>	Late applications are not accepted for this programme.
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### Application Process:

1. **CAO application form** – Applicants must ensure that they tick the ‘mature’ special category on the CAO application form.
2. **Personal Statement for LM105** – Course Directors use personal statements to help them more effectively assess an applicant’s suitability for, and level of interest in, a particular course. See guidelines overleaf for writing a personal statement for LM105. The Personal Statement requirement is to enable you to provide more specific information to that which is provided in the ‘Statement of Interest’ on your CAO form.
3. **Supporting documentation** – All supporting documentation (e.g. evidence of prior qualifications, essay for LM105 etc.) should be posted directly to the CAO.

### Minimum Entry Requirements:

- Submission of tailored Personal Statement for LM105 with CAO application

### Application Assessment Criteria:

- Prior education
- Relevant voluntary or work experience
- Health Fitness/Sports related awards
- Personal Statement outlining why you want to take the course and how you intend to use it
- Overall application quality

## Interview Assessment Criteria:

- Knowledge/understanding of course content and commitment required
- Personal knowledge and experience
- Relevant life/work experience
- Relevant life/work/professional competencies

## Guidelines for writing a Personal Statement for LM105:

The Personal Statement is your opportunity to 'sell' yourself and to emphasise the experience and/or interests you have which are relevant to the course for which you are applying. A tailored personal statement is important, especially if you are applying to a competitive programme for which there is a high demand for places, as you will need to be specific and proactively demonstrate how your experience or your interests match the course you are interested in doing.

Your personal statement should be no greater than one side of a **single A4 page** and cover the following areas:

- Reasons for wishing to undertake LM105
  - Programme's potential contribution to your future career or life plans
  - Highlight relevant experiences or skills gained through employment, voluntary work, or personal interests which have prepared you to undertake LM105
  - Your knowledge and understanding of the career area in which you are interested
  - Any specific preparation you have undertaken in anticipation of commencing LM105
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- Please title your document 'Personal Statement for LM105'
  - Please ensure that you include your CAO number on your Personal Statement