



Dublin City  
Sport &  
Wellbeing  
Partnership

TU DUBLIN  
SPORT

# DEVELOPING WOMEN THROUGH SPORT PROGRAMME

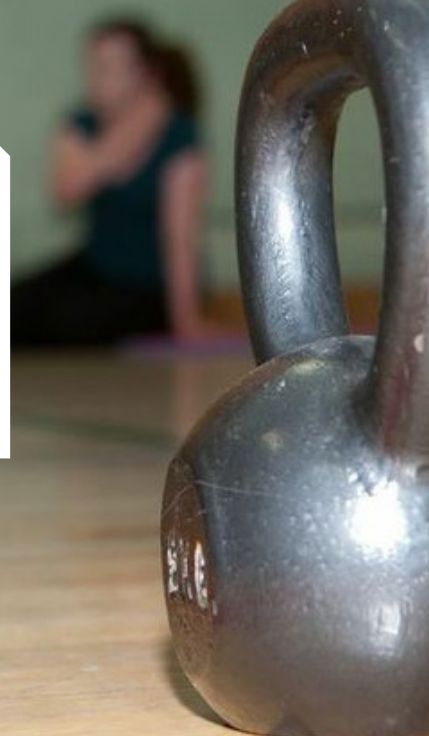
Empowering Women through  
Sport and Physical Activity

Application Form

   @WeAreTUDublin

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OLLSCOIL TEICNEOLAÍOCHTA  
BHAILÉ ÁTHA CLIATH  
TECHNOLOGICAL  
UNIVERSITY DUBLIN





## What is the Developing Women Through Sport Programme?

Developing Women Through Sport is a collaborative programme between TU Dublin and Dublin City Sport & Wellbeing Partnership to address the differences that exist between women's and men's involvement in sport. The programme will provide one year support to women in their sport.

The aim of the programme is to promote and increase women's sustained involvement in sport as coaches, volunteers, club members, athletes, advocates, leaders, and participants and help create female role models to empower other women to become involved in a sport within the university and its wider community.

## How will The Programme be delivered?

Participants of the programme will be provided with a suite of training and education supports of which they will have to complete a minimum of 8 core and elective modules within an agreed timeframe. The training programme will be tailored to suit the availability of candidates.

A number of national governing bodies acting as delivery agents for sport and physical activity for Sport Ireland are involved in the roll out of a number of elective coaching modules.







## What are the benefits for women who participate in The Programme?

Participants of the programme will avail of the following benefits:

- ▶ Introduction webinar or workshop to introduce the aims and objectives of the programme along with an inspirational guest speaker
- ▶ Coaching/Instructor Qualification(s) provided by their respective NGB or Awarding Body
- ▶ First aid and safeguarding certification
- ▶ Mentor coach in their respective sport(s)
- ▶ Access to high performance training and sporting facilities
- ▶ Networking days with other participants of the programme facilitated by TU Dublin and Dublin City Sport & Wellbeing Partnership





# The Programme

## Core Modules (Compulsory)

- ▶ First Aid Response (PHECC Pre-Hospital Emergency Care Council)
- ▶ Coaching Children Programme (Sport Ireland)
- ▶ Safeguarding 1 - Child Welfare & Protection Basic Awareness Workshop (Sport Ireland)
- ▶ CARA Disability Inclusion Training
- ▶ TU Dublin Programme Modules:
  - [Nutrition Workshop](#) – introduction to the key concepts of sports nutrition, pre and post exercise nutrition, hydration and dietary supplements
  - [Project Management Workshop](#) – how to understand the importance of project management including the processes of initiating, planning, executing, managing a sports programme/event effectively
  - [Social Media Workshop](#) – how to develop and implement a social media strategy to promote sports project/club/activity

## Elective Modules

### Instructor

1. Introduction to Snorkelling & Snorkel Instructor (Irish Underwater Council)
2. Introduction to Sailing Instructor (Irish Sailing)
3. EQF Level 3 Fitness Instructor Course (Focus Awards/REP's recognised)

### Coaching

1. GAA Foundation & Award 1 Coach Education
2. FAI Kick Start PDP 1 & 2 Awards
3. IRFU Children's and Youth Coach Awards
4. Athletics Ireland Leader, Coach & Level 1 Awards
5. IABA Fundamentals and Level 1 Awards
6. Basketball Ireland Intro and Level 1 Coaching Awards





## How Do I Apply?

Interested individuals can submit an application using the online form. As part of the application process, you are asked to submit a brief personal statement (max 500 words) that gives a summary of why you are interested in partaking in this programme. Completed application forms must be returned to the email address for your respective sports contact.

**The closing date for applications is Friday October 15<sup>th</sup> 2021.**



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Supported by:



Comhairle Cathrach  
Bhaile Átha Cliath  
Dublin City Council

### Contact for TU Dublin Applicants:

Niamh O'Callaghan

✉ [niamh.ocallaghan@tudublin.ie](mailto:niamh.ocallaghan@tudublin.ie)

📞 087 2985849

### Contact for DCSWP Applicants:

Sharon Kelly

✉ [sharon.kelly@dublincity.ie](mailto:sharon.kelly@dublincity.ie)

📞 087 6899273

# Application Form

Please return completed form to **niamh.ocallaghan@tudublin.ie** (for TU Dublin applicants)  
or **sharon.kelly@dublincity.ie** (for DCSWP applicants)

## Personal Information

Full name:

Email:

Mobile phone:

Date of birth:

Are you a current student of TU Dublin?

Yes

☐

No

☐

If your answer is yes please complete the Student Status section below.

## Student Status

Student ID number:

Course of study:

Year of study:

Campus location (please tick box) :

City

☐

Blanchardstown

☐

Tallaght

☐

## Sport Information

Are you currently involved with a sports club or sporting organisation?

Yes

☐

No

☐

If your answer is yes please provide details below.

Name of sports club/organisation:

Current role in club/organisation (please tick box):

Participant

☐

Committee Member

☐

Coach

☐

Volunteer

☐

Other (Specify)

☐

Which Sports Coaching/Instructor Qualifications would you like to obtain through the Developing Women in Sport Programme? (Please tick box/boxes):

☐

Sailing

☐

Snorkelling

☐

Gym/Fitness

☐

Gaelic Games

☐

Soccer

☐

Rugby

☐

Boxing

☐

Athletics

☐

Basketball

*\*Participants should have some aptitude or knowledge in the choice they make from the options section.  
For snorkelling you need to have swimming ability competence.*

Why are you interested in partaking in the programme? Max 500 words:

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