



Subject Options

28th February 2025

B19/B20

09:15

Agenda

- Introduction/Assembly – Ms Kirk, Mr Dennehy and Ms McCready
- Career Guidance - Ms Morrisson Reilly and Mr Matthews
- LCVP Information Session - Ms Farrell
- TY Information Session - Ms Howard
- LCA Information Session - Ms Howard
- Subject Information Sessions - Teachers
- Close – Ms Kirk, Mr Dennehy and Ms McCready



Expectations

- ❖ Attendance
- ❖ Timekeeping
- ❖ Homework
- ❖ Assignments
- ❖ Effort
- ❖ Disciplinary Record



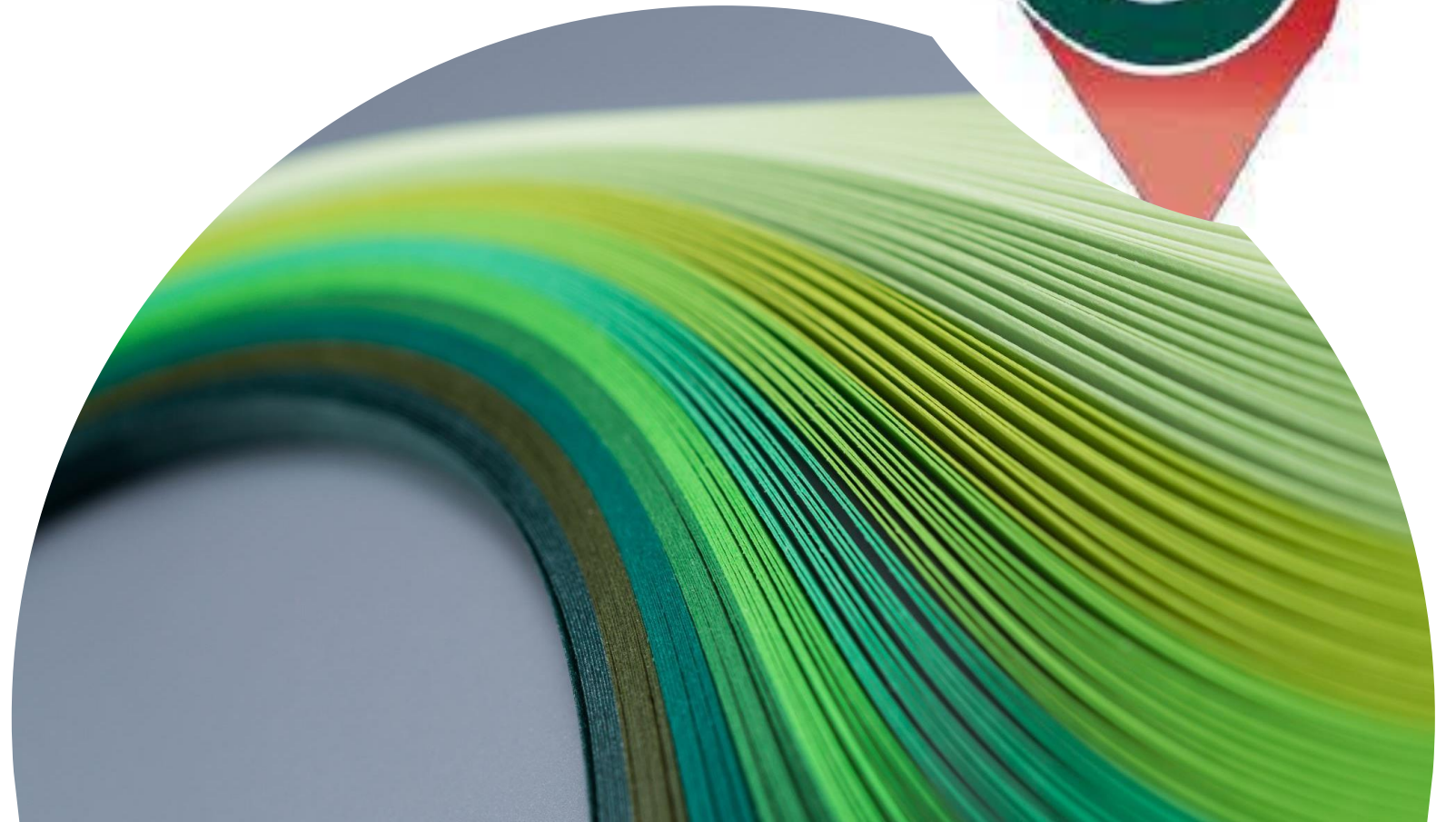
Careers



LCVP
Information
Session



LCVP



Link Modules

- Preparation for the World of Work
- Enterprise Education



Typical LCVP Activities

- Invited Visitors
- Site Visit
- Case Studies
- Team Enterprises
- Work Experience
- Using Computers
- Video Interviews



Transferable Skills

- Team Working
- Critical Thinking
- Flexibility
- Leadership
- Basic Skills (incl. IT)
- Motivation to Learn
- Communication
- Initiative & Enterprise

These skills are equally relevant to young people progressing to further study, working for themselves or going directly into employment

The Link Modules help you put theory
into practice

Subjects
being
studied



**LINK
MODULES**



Business
Community
Work / Career



WRITTEN EXAMINATION

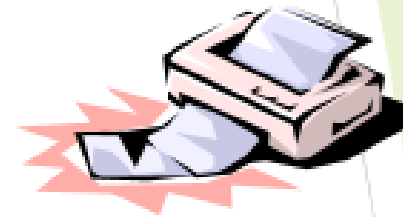
- **Section A - Audio-Visual Presentation**
 - Video sequence of an enterprise
- **Section B - Case Study**
 - Received 4 weeks in advance
- **Section C - General Questions**
 - Choice of 4 questions from 6



PORTFOLIO 60%

CORE ITEMS:

- Curriculum Vitae
- Career Investigation
- Summary Report
- Enterprise/Action Plan



PORTFOLIO 60%

OPTIONAL ITEMS:

Two out of Four

- Diary of Work Experience
- Enterprise Report
- Report on 'My Own Place'
- Recorded Interview/Presentation



TY Information Session





LCA Information Session

What is different about LCA?

It is practical with emphasis on preparation for the world of work and life-long learning.

Work experience is a major component of the programme

There are lots of opportunities to learn in a practical and active way - learn by doing.

There is less emphasis on the final exams as work is assessed throughout the 2 years and students gain credits as they go along.

Work is assessed in different ways - interviews, written, oral and practical assessments

Results from the State Examination Commission are sent out 4 times over the 2 years.

What are “Credits”?



As students complete their LCA coursework they are awarded credits. There are 200 credits available in total which are awarded as follows:



62 credits 31% Ongoing attendance, class work and assignments



70 credits 35% 7 student tasks (project work)



68 credits 34% 7 Final exams



Total:



200 credits 100%

German



Periods per week:

3 x 58min per year

Practical component:

Higher level:

- **Oral Exam (25%)**
- **Listening Comprehension (20%)**
- **Reading Comprehension (30%)**
- **Written Production (25%)**

Ordinary level:

- **Oral Exam (20%)**
- **Listening Comprehension (25%)**
- **Reading Comprehension (40%)**
- **Written Production (15%)**

Orals:

First week of April of 6th year (generally)

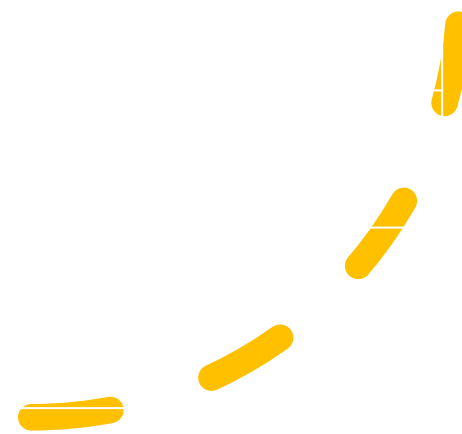
Practical exam date:

N/A

Written exam date:

June

Additional Information - Why pick German?





- One of the strongest economies in the world, major industries like engineering, automotive, finance, and pharmaceuticals.
- Many global corporations prefer employees who can speak German, especially in Europe.
- Germany offers tuition-free or low-cost education at top universities
- The DAAD (German Academic Exchange Service) provides scholarships for international students.
- Learning a new language boosts brain power, improves memory, and enhances problem-solving skills.
- German grammar and structure can train your brain to think logically and analytically.
- Common roots with English
- German is the most widely spoken native language in Europe (more than 100 million speakers).
- Speaking German allows you to connect with a huge international network for business, travel, and friendships.

Accounting



Periods per week: 3 x 58min per year

Practical component: No
Written Exam 100%

Project due date: N/A

Practical exam date: N/A

Written exam date: June


**Additional Information -
Why Pick Accounting?**



Course Overview

Accounting is concerned with the preparation, recording, extraction, presentation and analysis of financial information for the purpose of making economic decisions.

The course also involves a Management Accounting section where the student will learn how to analyse business costs and how to prepare budgets.



Why Study Accounting

- For those considering studying accounting, actuarial studies or finance after the Leaving Cert.
- An important subject choice for those thinking of starting their own business.
- While not required specifically for studying any third level college course, it is recommended if Accountancy is the career path you want to follow.



The course is numerically based but theory and procedures must be learned also.



While the student needs to be comfortable with numbers he or she does not need to be at higher maths level.



The study of Junior Certificate Business Studies is not essential and it is possible to take accountancy up at senior cycle.



Career Sectors



Business Management & Human Resources



Clerical & Administration



Banking & Financial Services



Physics, Mathematics & Space Science



Sales, Retail & Purchasing



Accountancy & Taxation

Exam Structure

Accounting	Higher	Ordinary
Written Paper	1 Paper - 100% of Marks	1 Paper - 100% of Marks

Exam Structure

Accounting subject is examined at both Higher and Ordinary level. Both involve one three hour exam. The exam paper is made up of three sections:

Sections 1 & 2 – Financial Accounting

Section 3 – Management Accounting.

Questions must be answered from all sections of the exam paper.

Business Senior Cycle



New Spec for Business September 2025

Assessment Component

40%

Business Alive Investigative Study- 40% , Assessed at Common Level

60%

Written Examination-60%, Assessed at Higher & Ordinary level.



Topics Covered

- Consumer Education
- Contract Law
- Industrial Relations
- Management
- Human Resources
- Taxation
- Insurance
- Finance

Topics Covered ... Continued

- Marketing
- National Policy
- EU Policy
- International Trade
- Sustainability

Points to Note

- The course is theory based with a Research project built in (40%)
- There are a few calculations eg wages, insurance
- The study of JC Business is not essential, and it is possible to take up Business at Senior Cycle



Career Sectors

- Business Management & Human Resources
- Owning your own Business/ Farm
- Sports & Business
- Law
- Business & Languages
- Teaching
- Sales, Retail & Purchasing
- Accountancy



Agricultural Science



Periods per week:

3 x 58min per year

Practical component:

**Yes
Individual Investigative Study
(25%)
Written Exam (75%)**

ISS due date:

April of 6th Year (generally)

Practical exam date:

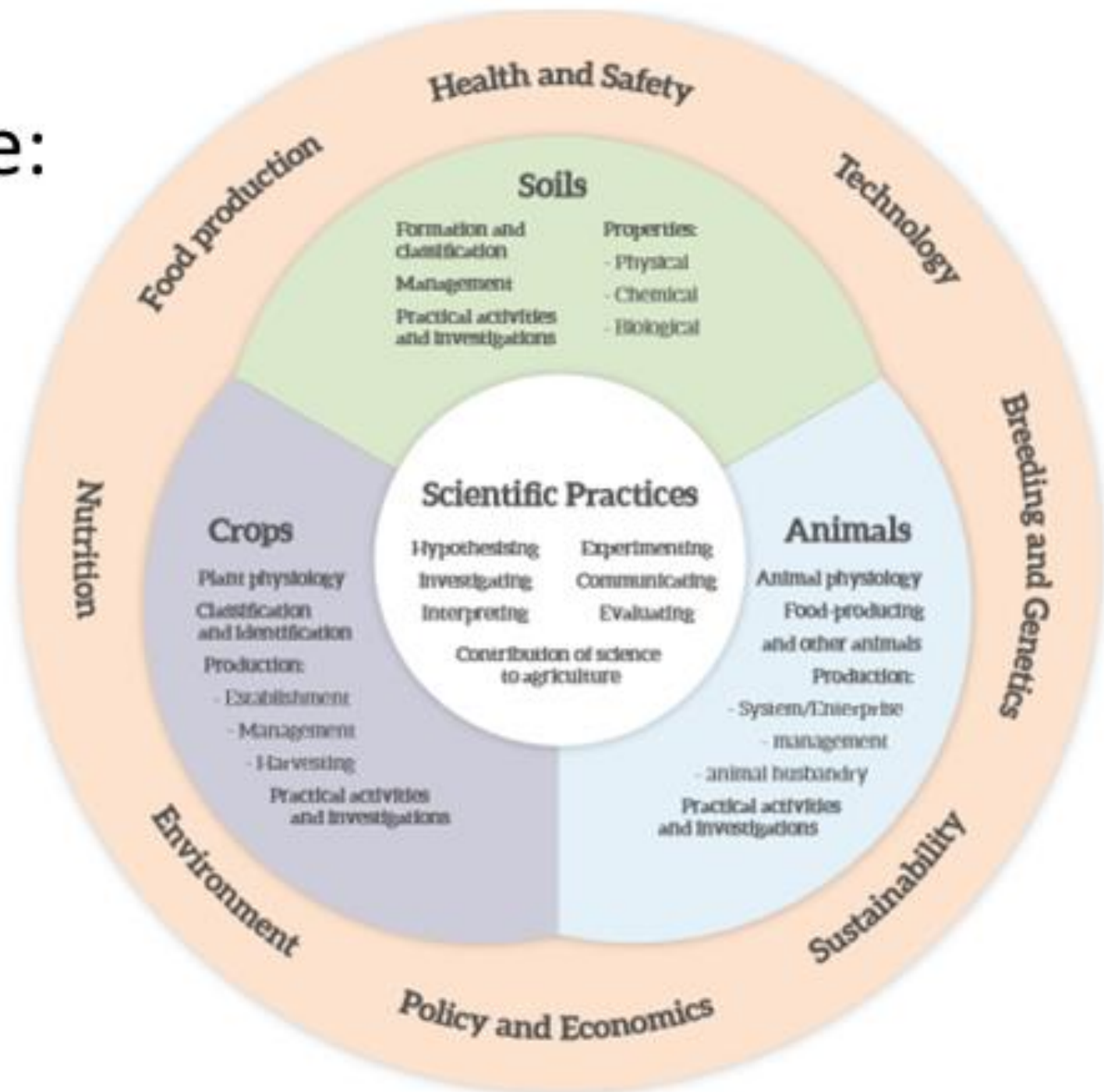
N/A

Written exam date:

June

**Additional Information – Why Pick
Ag Science?**

Content of the LC Ag. Science Course:



Art



Periods per week:	3 x 58min per year
Practical component:	Yes Written Exam (30%) The Practical Exam (20%) Practical Coursework (50%)
Project due date:	Coursework - end of April of 6th Year (generally)
Practical exam date:	End of April of 6th year (generally)
Written exam date:	June
Additional Information – Why Pick Art?	



Careers in Art



Architectural Design



Product Design.



- Fine Art
- Architectural Design
- Teaching Art
- Game Design
- Interior Design
- Creative Digital Media
- Graphic Design and Illustration
- Textile & Fashion Design
- Animation and Game Design
- Costume Design
- Stage Design
- Jewellery Design.



Interior Design



Fashion Design

Harry Potter
Graphic Design

Biology – Senior Cycle Redevelopment

Assessment component	Weighting	Level
Biology in Practice Investigation	40%	Higher and Ordinary
Written examination	60%	Higher and ordinary level examination papers

Cell Division

22 Mandatory Experiments

Plant Biology

Human Biology
(Body Systems)

Cell Division

Food

Photosynthesis

Ecology

Genetics

LC Biology

Bacteria

Trip to Emerald Park or The
Zoo for Ecology Study

Fungi

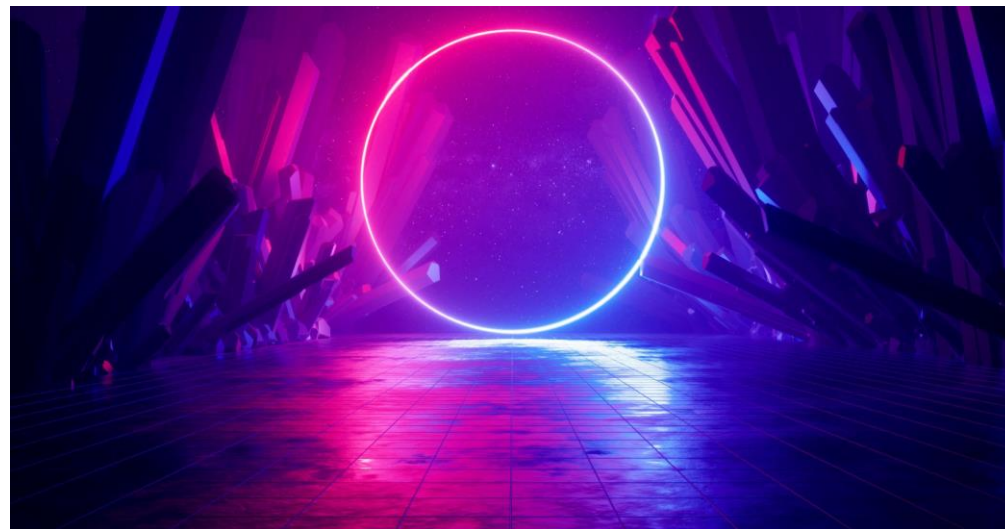
Viruses

Respiration

The Scientific Method

***You can choose Biology if
you didn't do JC Science***

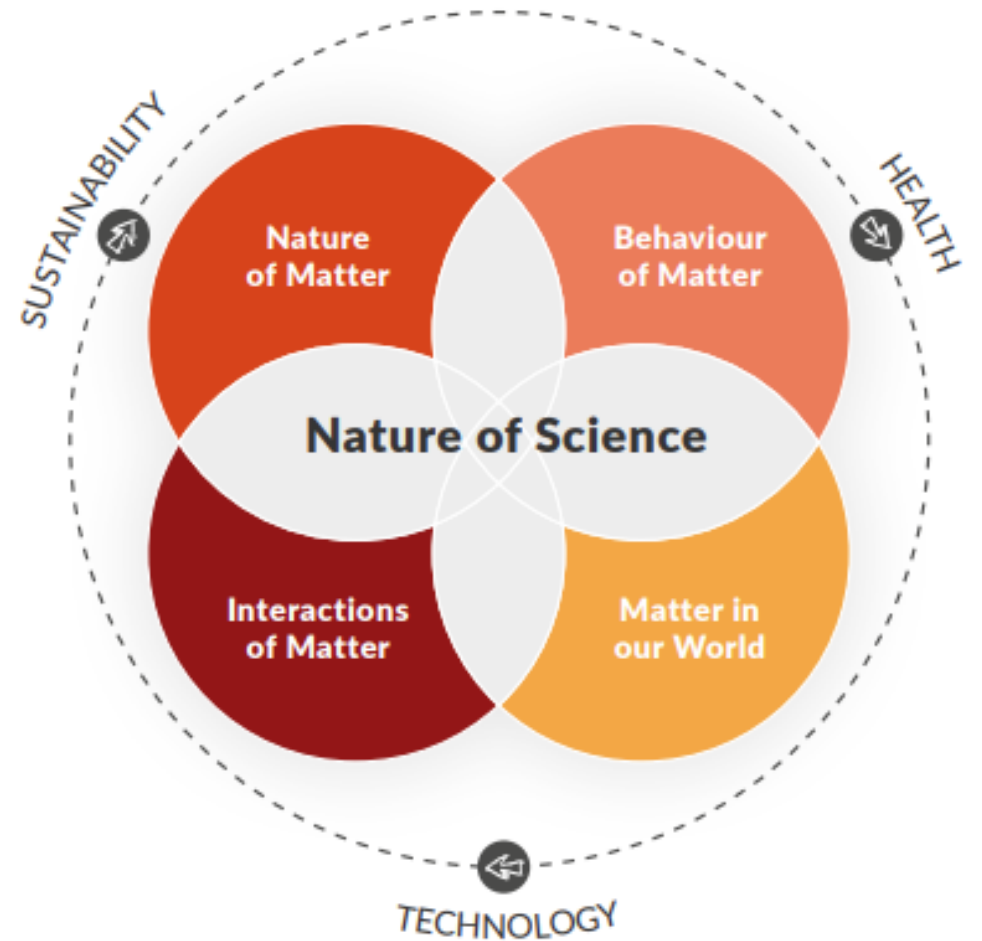
Chemistry as a Leaving Cert Subject.



What is involved?

- The new curriculum is restructured to reflect the skills, technology and demand for Chemistry.

There is an emphasis on how chemistry is integrated and how it effects society and the environment.



Chemistry – Senior Cycle Redevelopment

Assessment component	Weighting	Level
Chemistry in Practice Investigation	40%	Common brief
Written examination	60%	Higher and ordinary level examination papers

Areas of Study

History of the atom and the Periodic Table

Why elements bond and what keeps them together

Gases and how they behave

Organic chemistry – why are there so many compounds that contain these elements and their significance in medicine, cosmetics, agriculture and technology

Thermochemistry

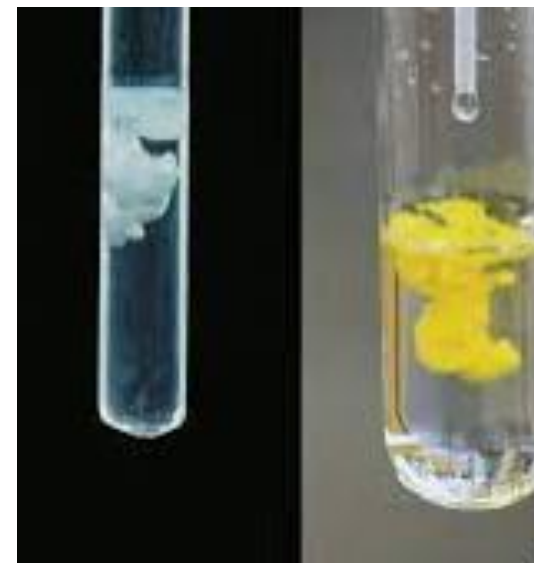
Chemical Equilibrium and Rates of reaction and how it is used in the production of foods, cosmetics, perfumes, pharmaceuticals

Acid/base reactions

Environmental chemistry – Greenhouse effect, water health, plastics/biodegradable plastics



Experimental Work.



There is a big practical aspect to Chemistry.

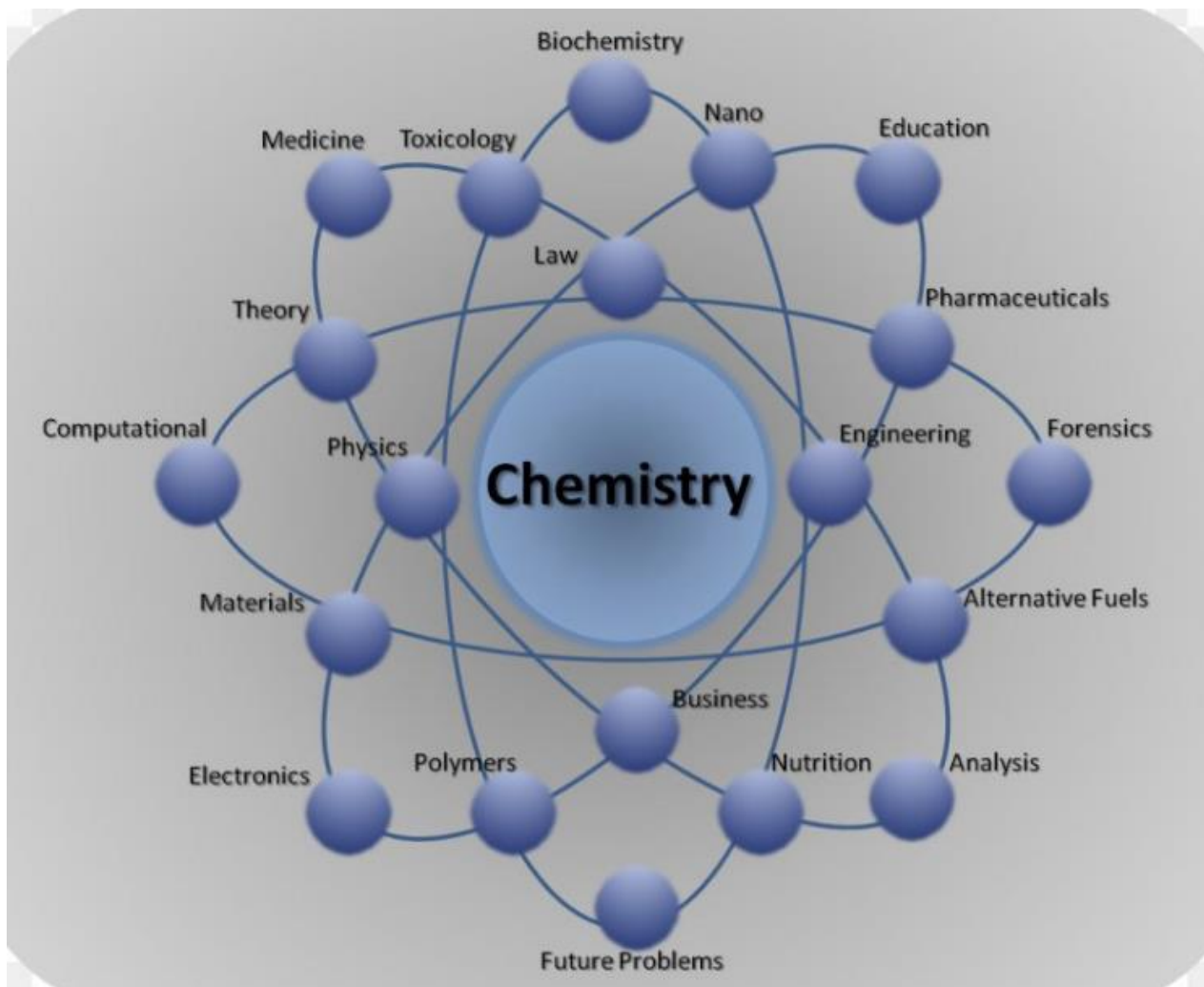


There are both mandatory experiments and investigations.



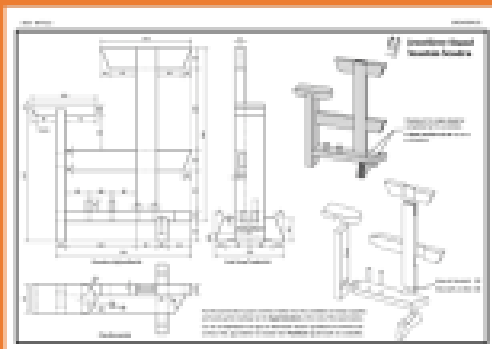
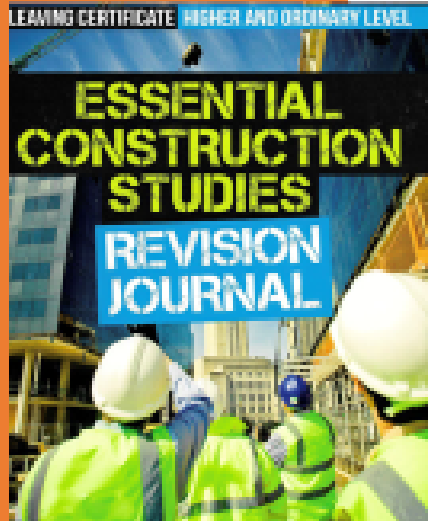
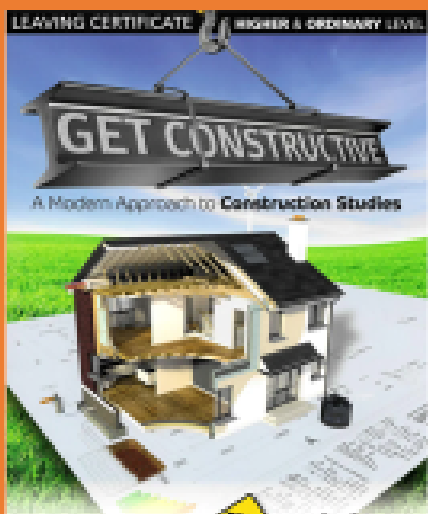
There is also a new practical investigation which involves both research and experimental investigation related to the brief. This is worth 40% of the overall marks.





**Some of the
areas where
Chemistry is
useful**

Construction Studies



Periods per week:

3 x 58min per year

Subject Criteria:

**Written exam 50% HL & 40% OL
Coursework 25% HL & 30% OL
Practical skills test 25% HL & 30% OL**

Year 1 (5th Yr)

Theory & Day Exam

Year 2 (6th Yr)

Theory, Project & Day Exam

Project due date:

Coursework due end of April of 6th Year (generally) - CL

Practical Day Exam date:

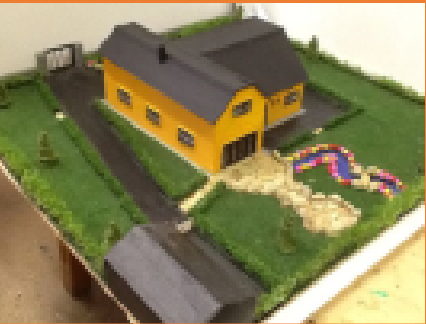
Beginning of May of 6th Year (generally) - CL

Written Exam date:

Written Exam - June of 6th Year

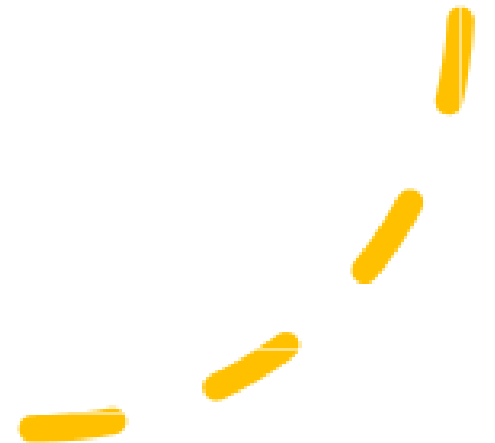


Construction Studies

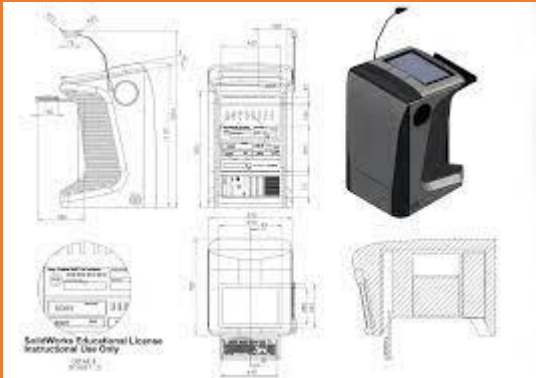


Why Pick Construction Studies;

- ✓ Interest in the Built Environment.
- ✓ Practical Skills Development.
- ✓ Hands on Projects.
- ✓ Innovation and Technology Integration.
- ✓ Personal interest and passion.
- ✓ Career Opportunities;
Engineering, Architect, CAD Technician, Quantity Surveyor, Project Manager, Teaching, Environmental Engineer Plumber, Electrician, Carpenter & more.....



Design and Communications Graphics



Periods per week:

3 x 58min per year

Practical component:

Yes
Written exam 60%
Project 40%

Project due date:

End of January of 6th Year
(generally)

Practical exam date:

Written exam date:

June

Additional Information - Why pick DCG?

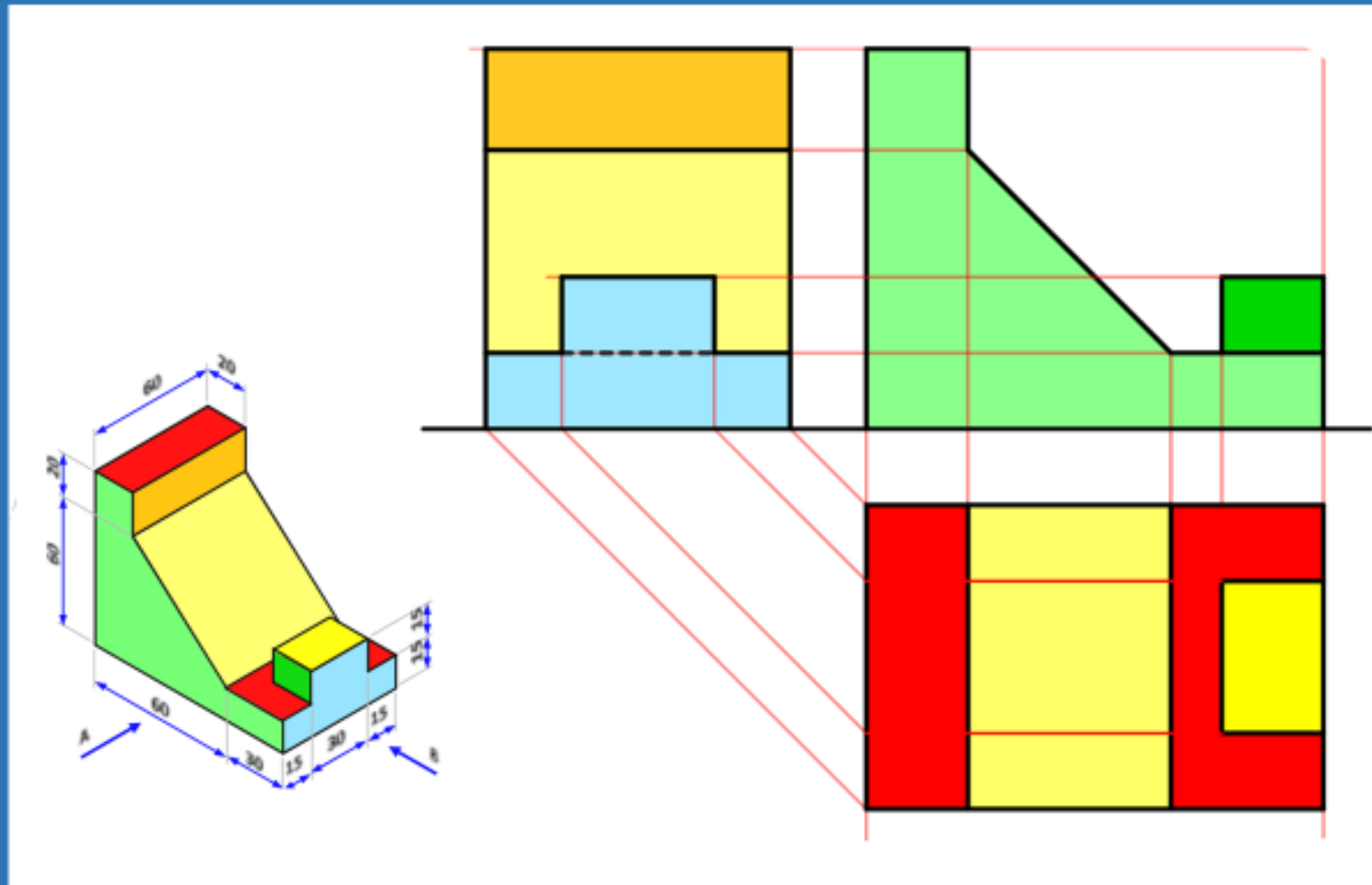


DCCG

Design and Communication Graphics

- 40% design project
- 60% exam

Drawing Exam



Design project (Sketching)



Design project (Sketching)

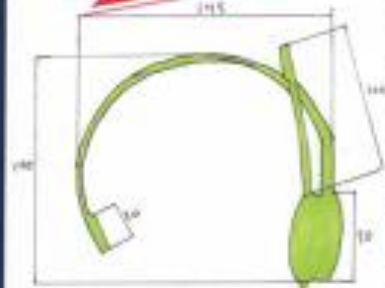
Output 2: Design Feature Comparison

1



SIZE + SHAPE

The Xbox Gaming Headset is relatively small. The headband is very thin which doesn't make it durable. There is only one earcup which means the user will not hear game sounds in one ear, which isn't good. The earcup is extremely thin and doesn't offer the user much comfort, a positive of being so small however, is that it is light.



Unlike this, the HyperX Gaming Headset is very bulky. The headband is thick, making it durable. The earpads and headband cushion is thick which is very comfortable. This headset also has two earcups which creates a better gaming experience. The downside of all this is that it

2



POWER SOURCE

The Xbox Gaming Headset is wired. Similarly, the HyperX Gaming Headset is also wired. This means that they can be plugged into a device (controller, phone, etc) which will give them power.

FEATURES

On the Xbox Gaming Headset there is a volume control pad on the cable. It includes an increase, decrease and mute button. This is good because the user can get to the controls without them attached to their controller.



Like the HyperX Gaming Headset has volume controls. A volume slider is placed on the bottom of the earcup and the mic can be muted by swiveling the microphone.



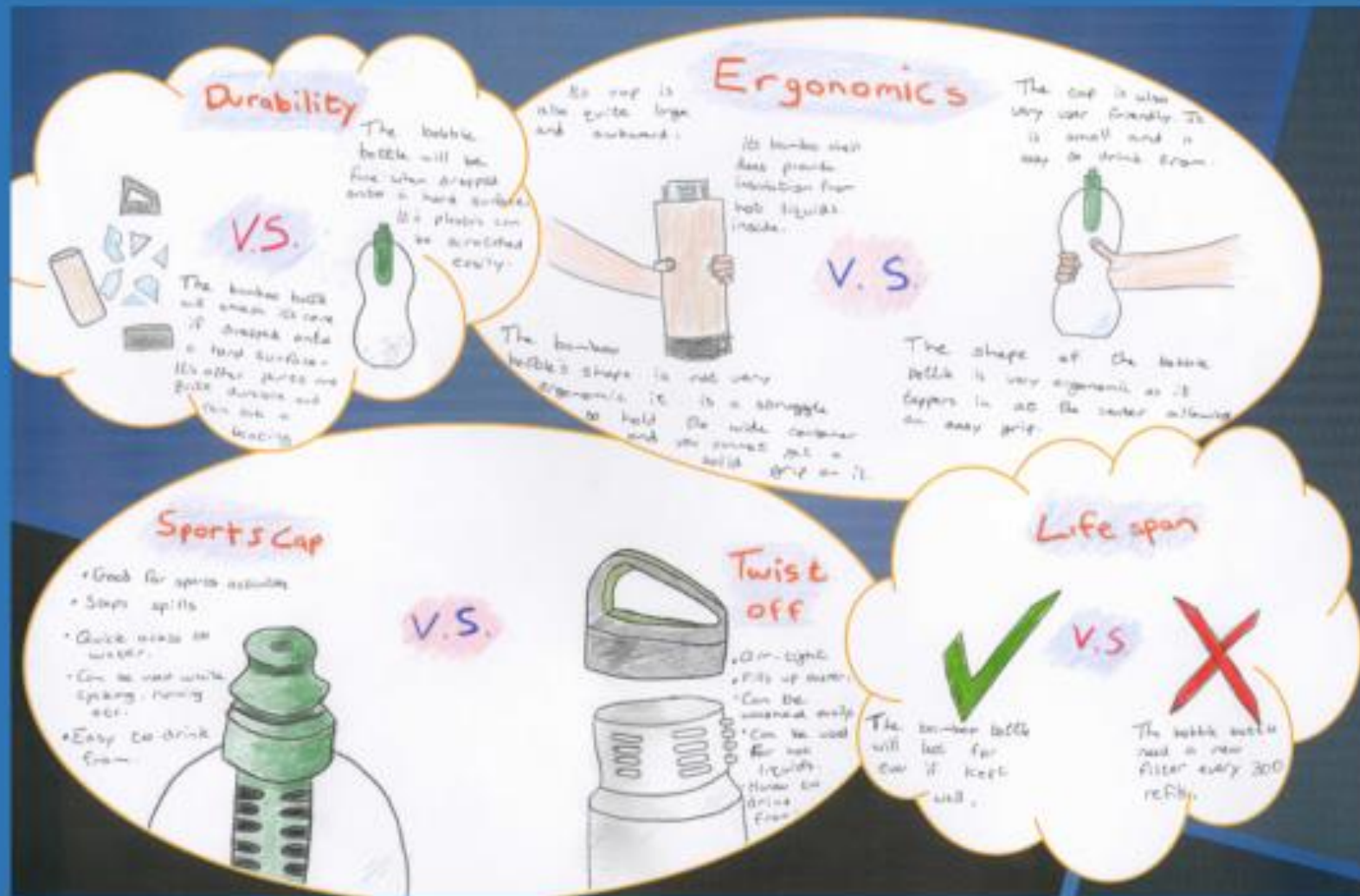
MULTI-CONNECTIVITY OPTIONS



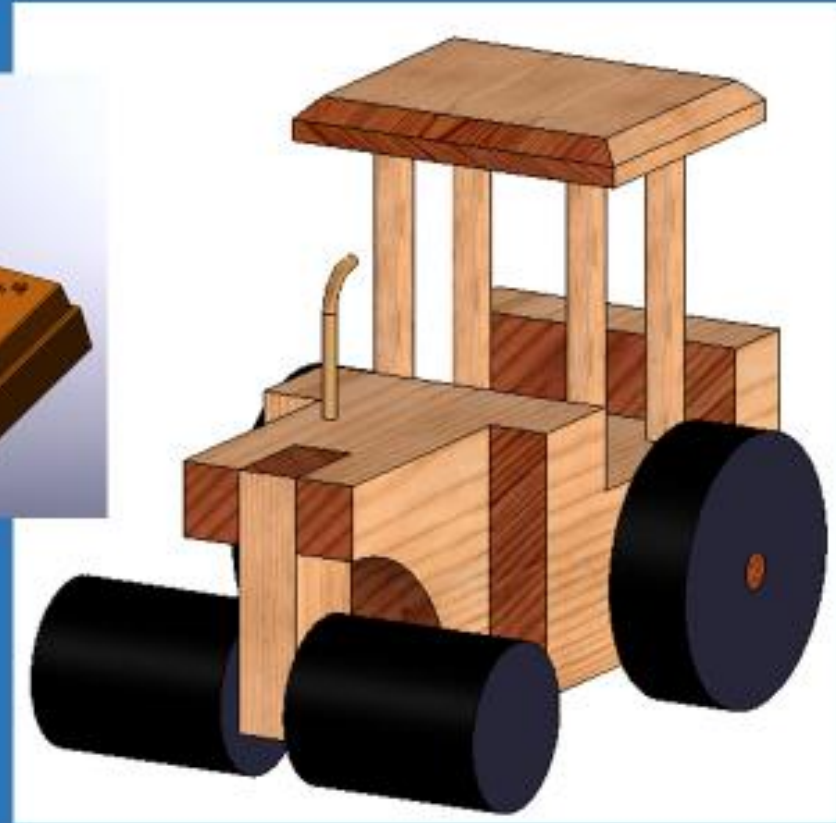
The Xbox Gaming Headset can only be used on one device, whereas the HyperX Gaming headset has a number of devices it can be used on because it has a headphone jack unlike



Design project (Sketching)



Design project – CAD (Computer aided design)



Design project – CAD (Computer aided design)



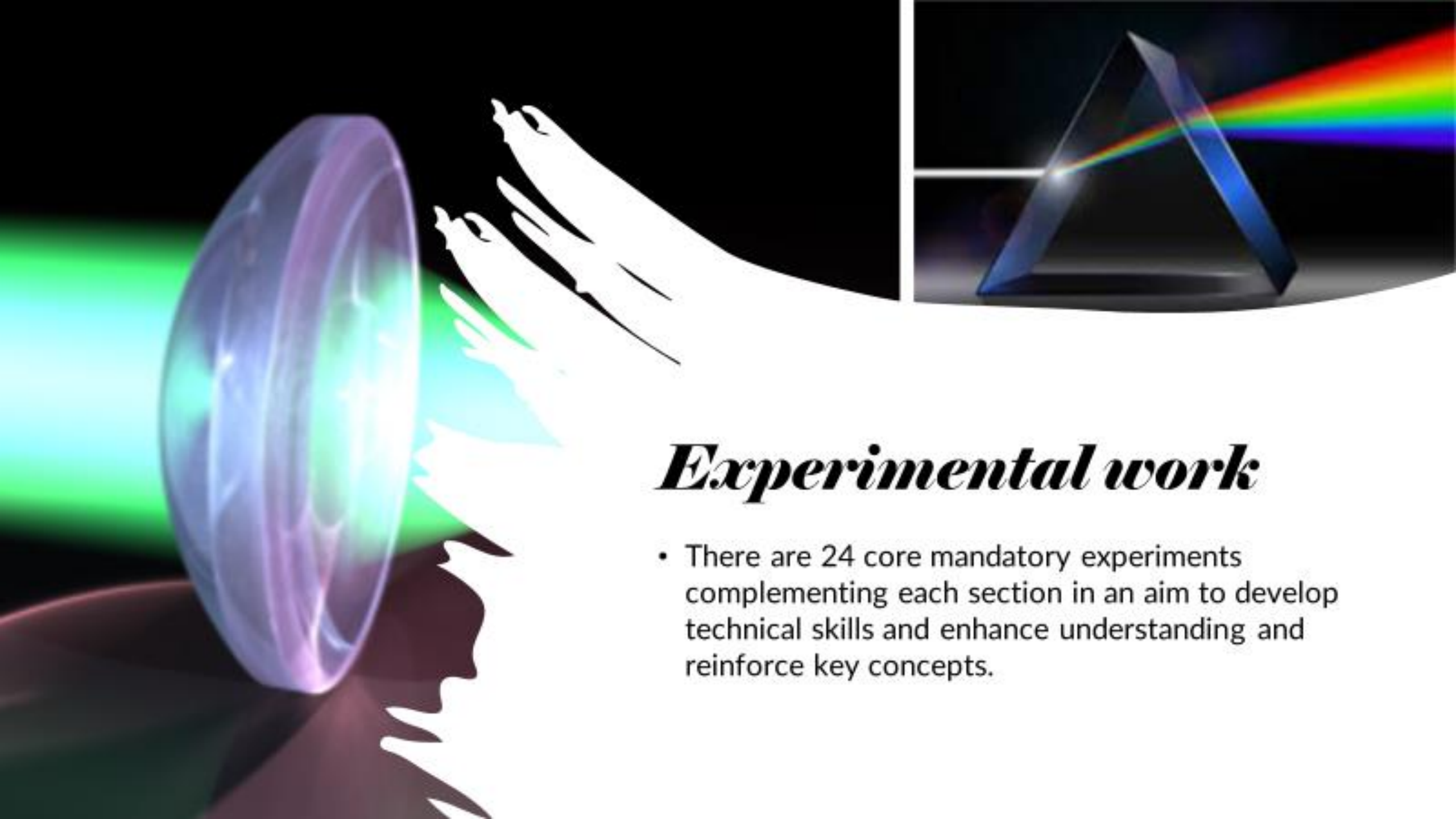
DCG is a good subject to pair with:

- Construction Studies
- Engineering
- Technology
- Art

What do you study in the Physics course?

- **Optics / Waves:** the study of light and sound and real life applications of the theory.
- **Mechanics:** time, space, distance, speed and acceleration.
- **Heat:** changes of state, energy conversions and mathematical problems.
- **Electricity:** develops on from simple circuits to more detailed concepts.
- **Electricity and Magnetism:** gravity, relationship between electricity and magnetism, study of how a motor works, ac. and dc. circuits and phenomena with real world applications.
- **Atomic Physics:** cathode rays, x-rays, radioactive decay, fission and fusion, nuclear reactors and real world applications.
- **Options include:**
 - **Particle Physics:** recent type of physics, delving into the new discoveries leading to a better understanding of the formation of the universe and where we came from.

Applied Electricity: detailed study of electricity and the working of a motor developing from electricity already studied.



Experimental work

- There are 24 core mandatory experiments complementing each section in an aim to develop technical skills and enhance understanding and reinforce key concepts.

Engineering



Periods per week:

3 x 58min per year

Practical component:

Technology Project 25% or 30% OL
Practical Skills Exam 25% or 30% OL
Written Exam 50% or 40% OL

Project due date:

March of 6th Year (generally)

Practical exam date:

End of April of 6th Year (generally)

Written exam date:

June

Additional Information - Why pick Engineering?



Technology



Periods per week:

3 x 58min per year

Practical component:

Yes

Coursework (50%)

Written exam (50%)

Project due date:

End of March of 6th Year (generally)

Practical exam date:

Written exam date:

June

**Additional Information - Why pick
Applied Technology?**



Aims

- Increase student's technological awareness
- Develop skills to express creativity
- Develop problem solving skills
- Evaluate and critically appraise technologies
- Realise the impact of Technology

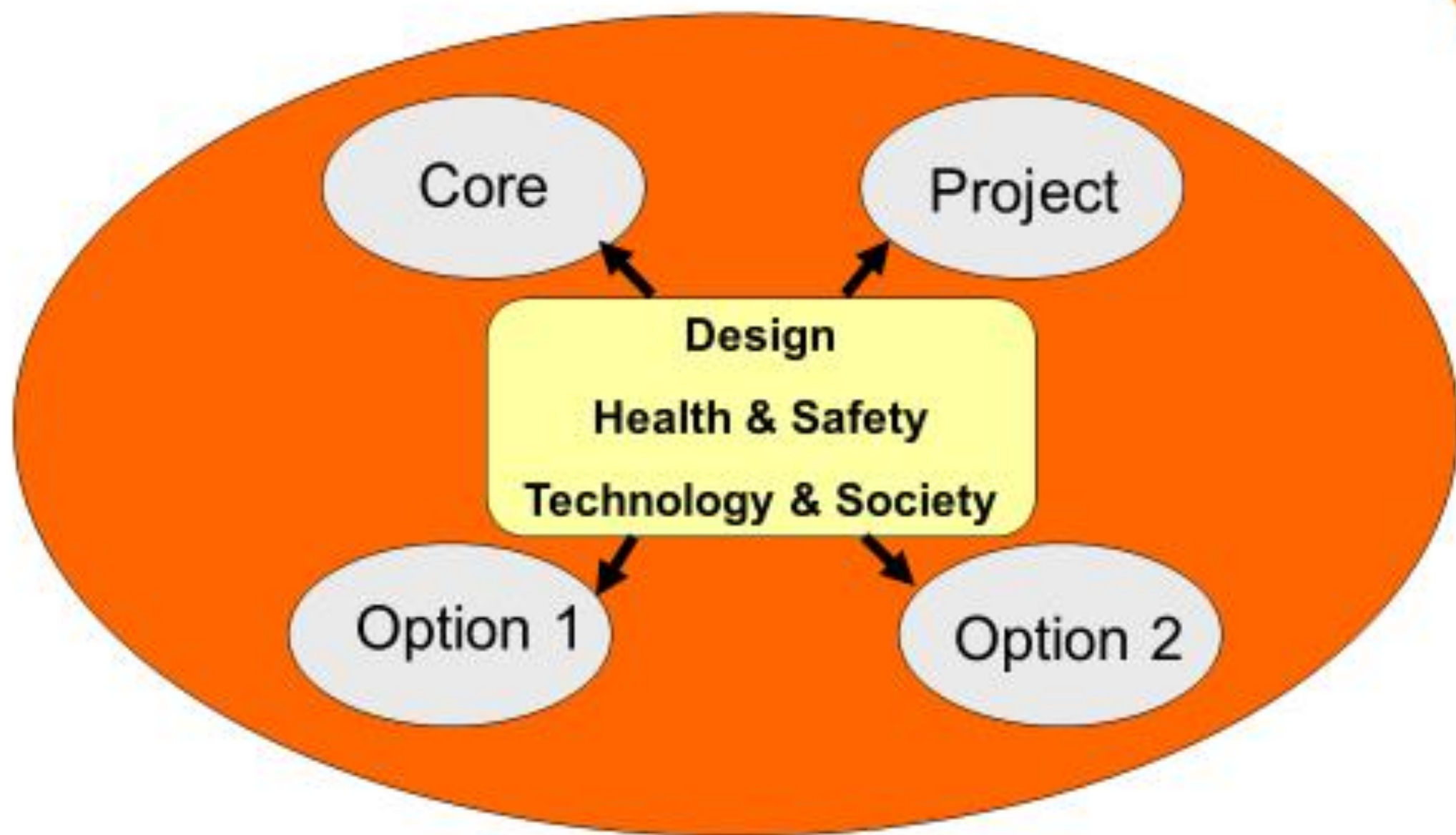




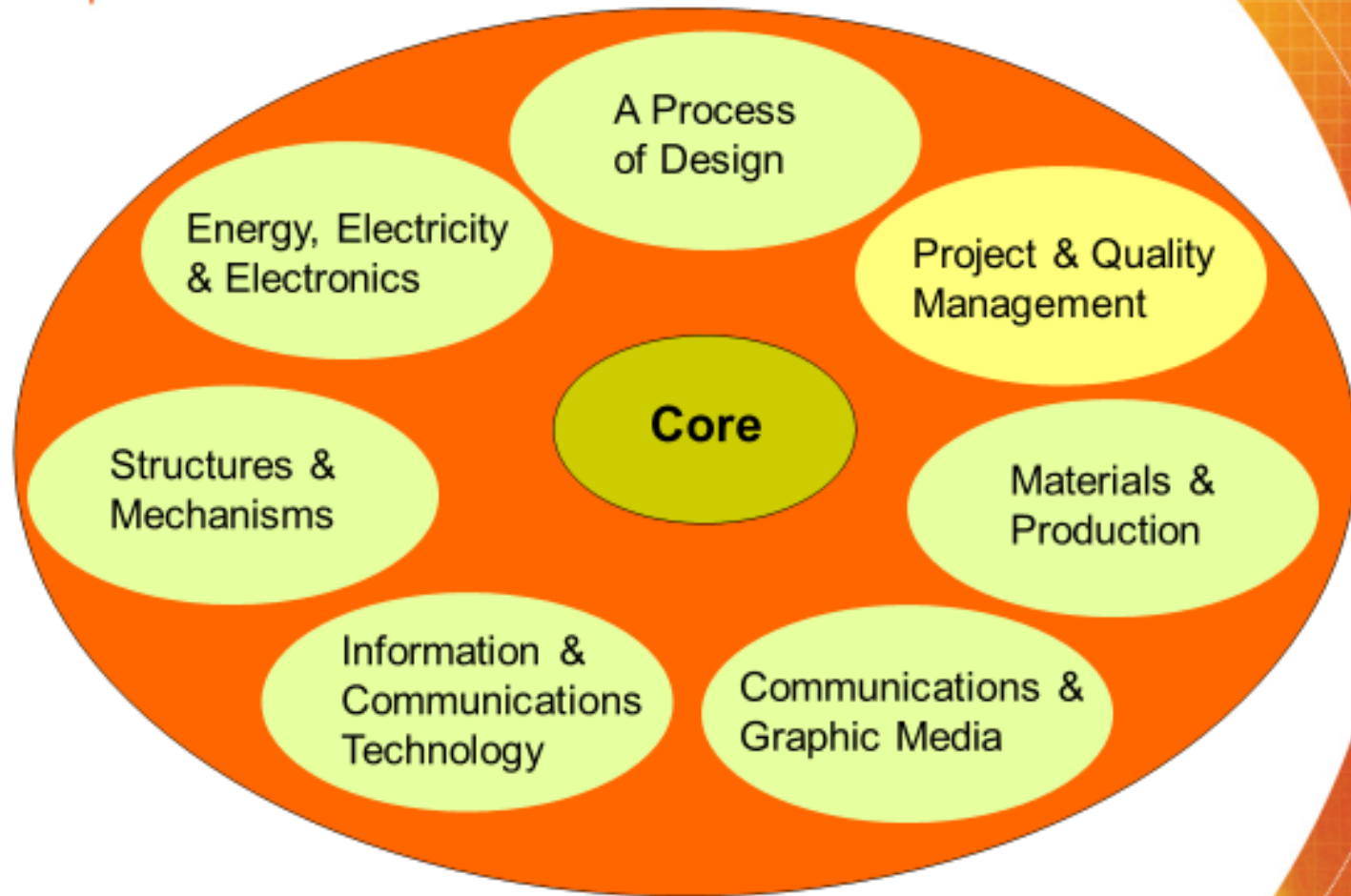
Objectives

A student should..

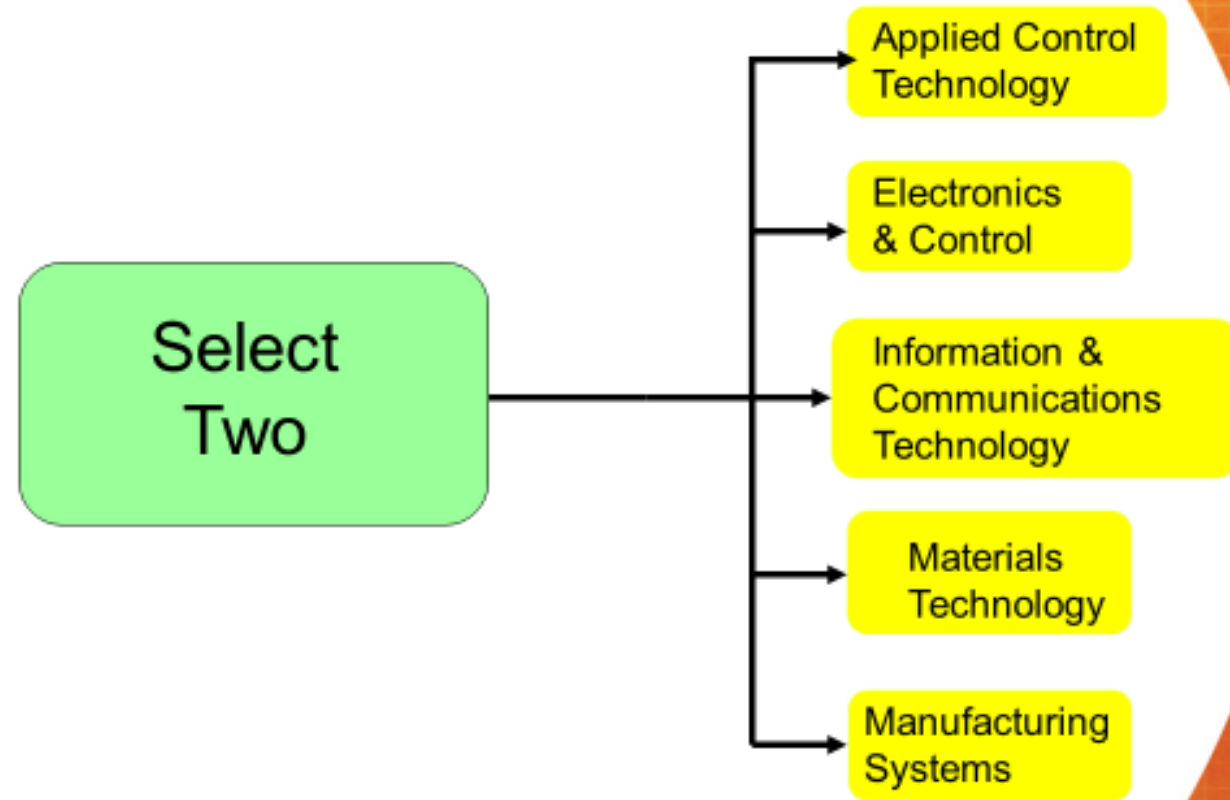
- Understand technological principles, facts and terminology
- Process and communicate technological information
- Plan and execute a design solution
- Critically evaluate an artefact or system



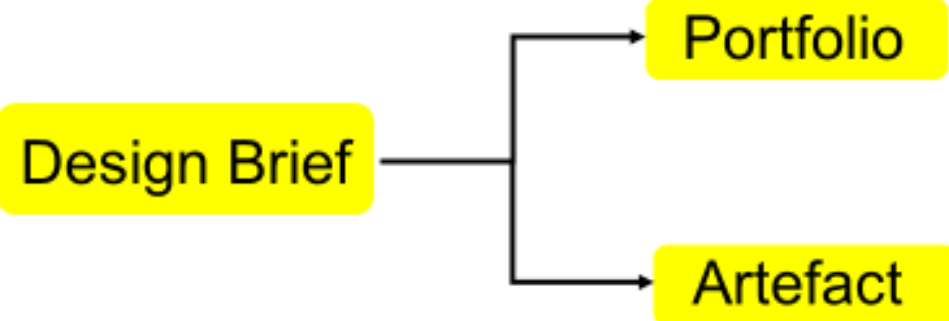
Core Content



Options Content



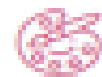
Student Project



- To be completed in 6th Year (30 Hours)
- Project is based on the core and chosen options
- Specified theme within stated parameters

Careers

Below are some of the sectors that Leaving Certificate Technology relates to:



Art, Craft & Design



Construction, Architecture & Property



Computers & ICT



Media, Film, TV & Animation



Engineering, Manufacturing & Energy



Maritime, Fishing & Aquaculture



Earth & Environment

French



Periods per week:

3 x 58min per year

Practical component:

Higher level:

- Oral Exam (25%)
- Listening Comprehension (20%)
- Reading Comprehension (30%)
- Written Production (25%)

Ordinary level:

- Oral Exam (20%)
- Listening Comprehension (25%)
- Reading Comprehension (40%)
- Written Production (15%)

Orals:

First week of April of 6th year
(generally)

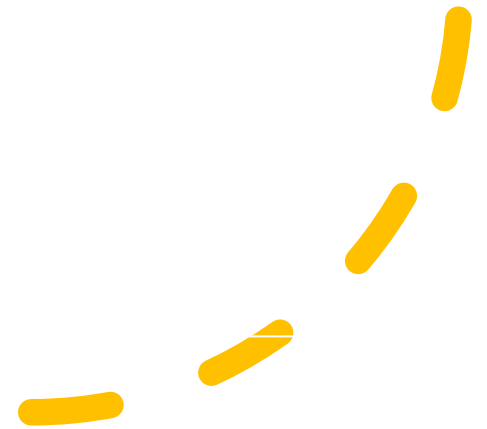
Practical exam date:

N/A

Written exam date:

June

Additional Information - Why pick
French?



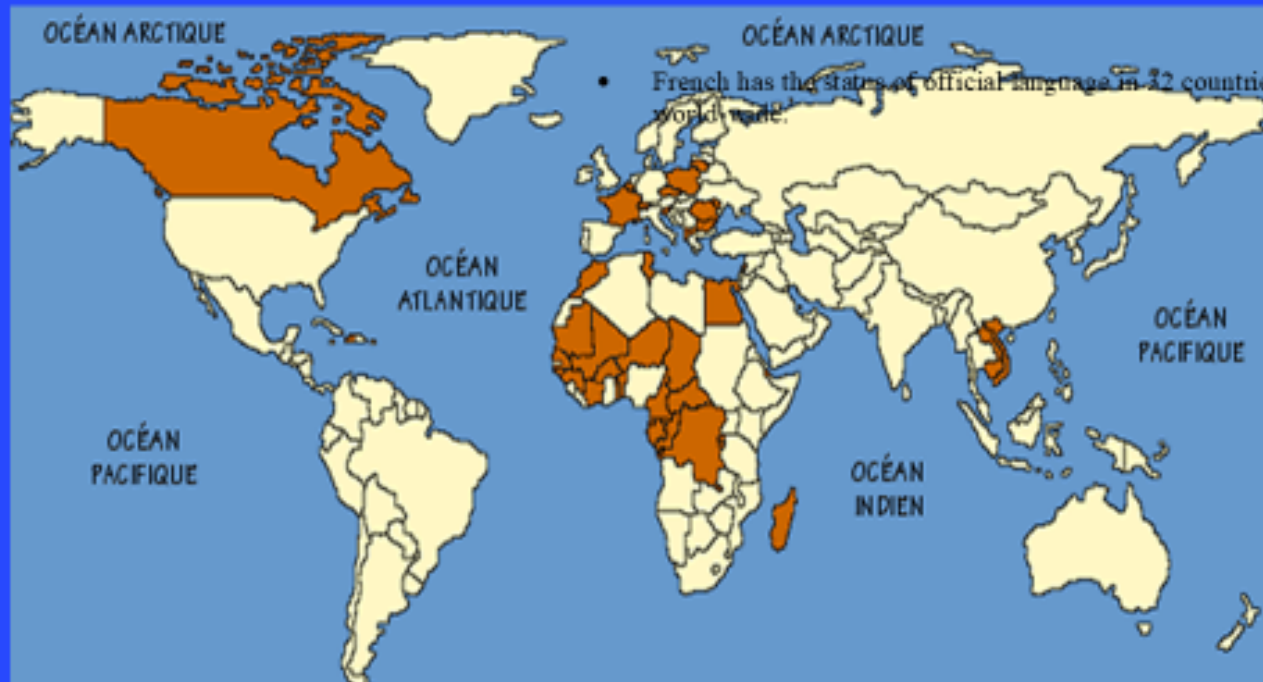
Why Choose French?



French and English are the only native languages spoken on all 5 continents

French is spoken by over 200 million people worldwide

French has the status of official language in 32 countries and governments world-wide.



French is the official language of many international organisations

North Atlantic Treaty Organisation
(NATO)

World Health Organisation (WHO)

World Trade Organisation (WTO)

International Olympics Committee (IOC)

Red Cross

United Nations

European Union

Amnesty International



Boost your academic skills!

- Knowing French enriches language usage in English in many domains, e.g., legal, administrative, political, architectural, artistic, culinary, aeronautical, and engineering terms.
- Since at least one out of three words in English has been borrowed from French, students studying French will improve their literacy skills with reading texts and vocabulary



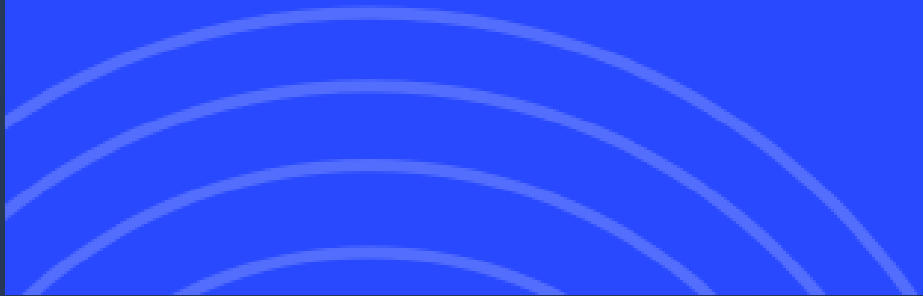
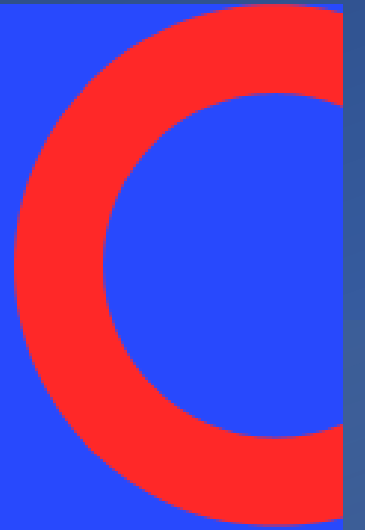
Invest in your career!

- Knowing French can be a plus in getting a job or advancing in one's field.
- French speakers are in demand in banking and finance, international market analysis, diplomacy, hotel management, international trade, journalism and media, aviation, national security, education, translation and interpretation, health care, customer service, tourism, and law enforcement.
- Well-known French-owned companies in the US include Michelin, Renault, L'Oréal, BiC, Atari, Louis Dreyfus Property Group, and Air Liquide.
- France is the world's 8th largest economy and Europe's 2nd largest market.
- French-speaking countries have been at the forefront of medical research in field such as, HIV virus research, medical genetics (the Human Genome Project), and reconstructive surgery.
- French-speaking countries are on the cutting edge of scientific discoveries and technological innovations: for example, nanotechnology, nuclear energy, voice compression, fiber optics, microchips, video gaming, commercial satellites, aerospace technology and high-speed rail services.



Open doors to your future!

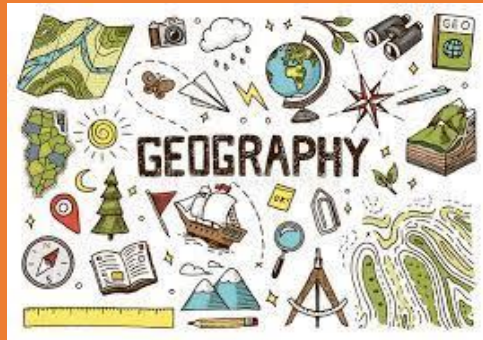
<https://vimeo.com/437693884>



Merci!



Geography



Periods per week:	3 x 58min per year
Practical component:	Yes Geographical Investigation Report (20%) Written Examination (80%)
Project due date:	April of 6th Year (generally)
Practical exam date:	N/A
Written exam date:	June
Additional Information – Why Pick Geography?	



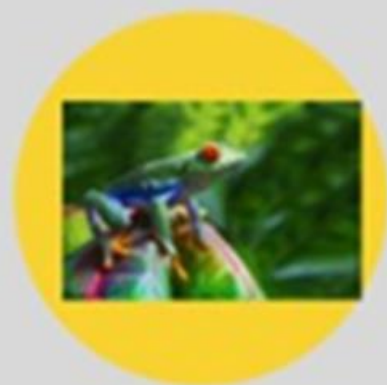
What is involved in Leaving Certificate Geography ?



CORE UNIT- INCLUDES PHYSICAL &
REGIONAL TOPICS, SKILLS BASED
MATERIAL, FIELDWORK



ELECTIVE UNIT
HUMAN ENVIRONMENT



OPTION-HIGHER LEVEL
GEOECOLOGY

What is Physical geography?

- Here we examine in more details some of the topics which you will have covered at Junior Certificate/ Junior Cycle
- These include
- Plate tectonics
- Volcanoes/ Earthquakes
- Rocks
- Weathering
- Rivers, Coasts and Glaciation



- **What is the elective?**

- **Changing population characteristics in various parts of the world**

- **Problems that can develop from the growth of urban centers**



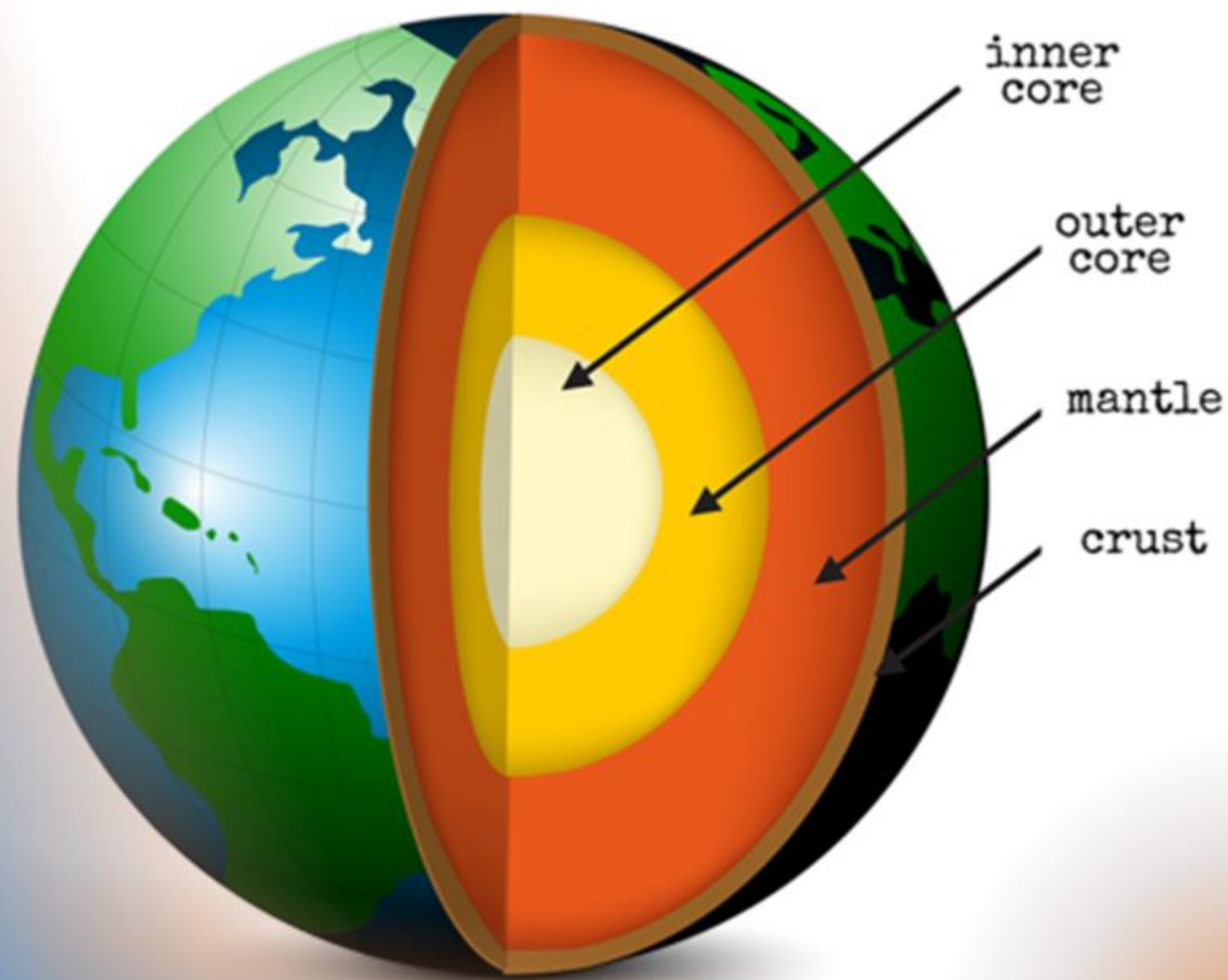
What is geoecology?

• **The study of all things to do with the Amazon Rainforest including**

- **Soil**
- **Native plants**
- **Deforestation**
- **Climate**



LAYERS OF THE EARTH



- **Exam is 80% of over all mark**
- **Field work is 20%**
- **Essay based- some short answer questions**
- **Higher and ordinary level papers differ**
- **Only difference in topics is higher level study geocology.**

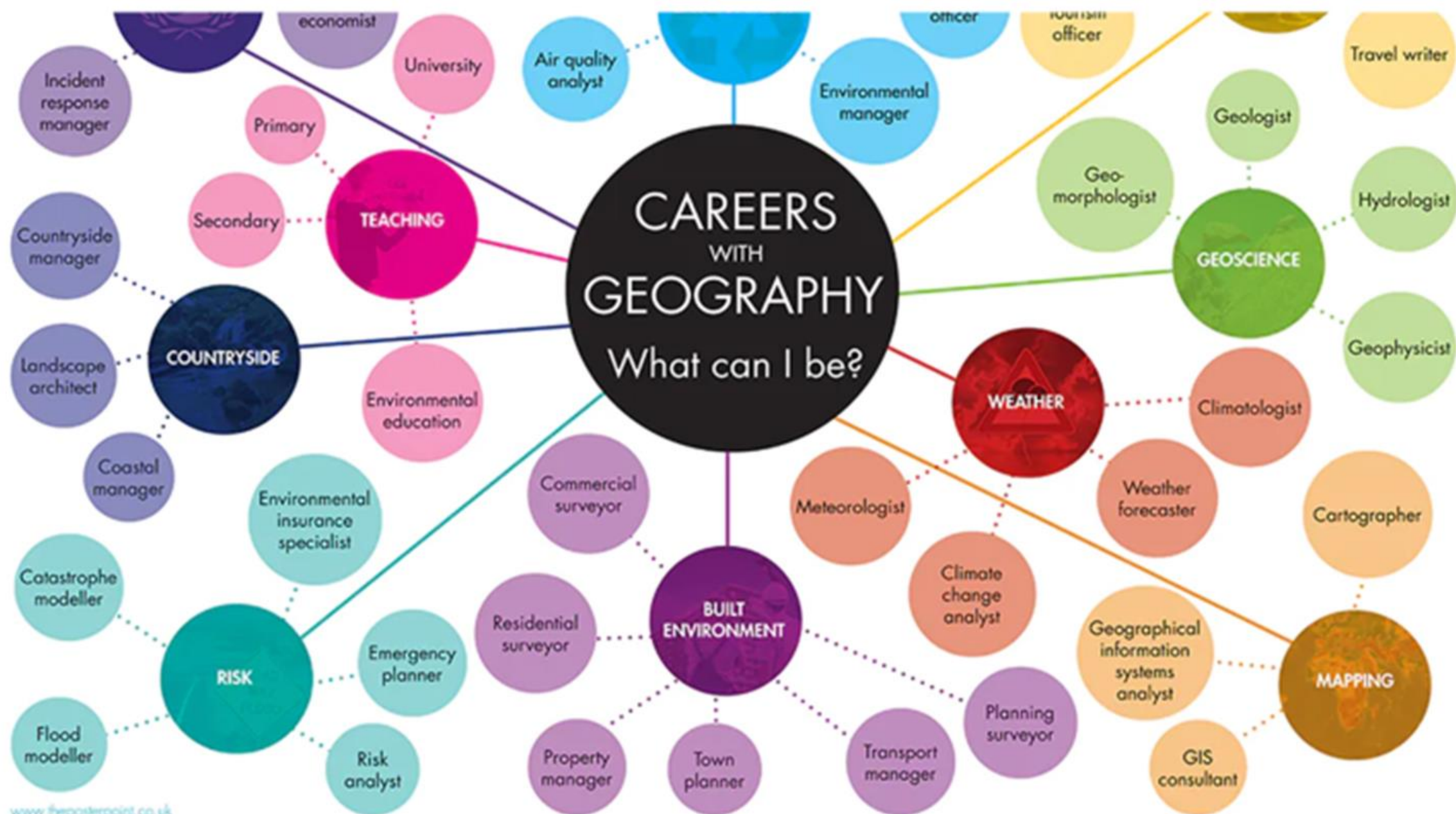


Field study/ geographical investigation

Accounts for 20% of your
over all exam result.

Is conducted before the







- Ms Anderson
- Mr Coombs
- Mr Carey (me!)
- Ms Morrison
- Mr Matthews

ANY
QUESTIONS





• **Best
people to
ask about
geography?
... Current
5th years!**

My geography
teacher asked if I
could name a country
with no R in it.

I said, "No way."

History



Periods per week:

3 x 58min per year

Practical component:

Yes

Written Exam (80%)

Research Study Report (20%)

Project due date:

**End of April of 6th Year
(generally)**

Practical exam date:

N/A

Written exam date:

June

**Additional Information – Why
Pick History?**



Two Courses

International History

- Nation States and International Tensions
- Dictatorship and Democracy
- USA 1945-89

Two Courses

Irish History

- Movements for Reform
- Sovereignty and Partition
- Northern Ireland 1945-89

Research Study

- This is an opportunity to really get into a topic you have a keen interest in.
- It's 20 per cent of your final mark.
- It has an immensely broad range.
- It can be on local or family history (depending on significance).
- It's a great opportunity to learn new skills.

Careers in History

- Archivist
- Journalist
- Civil Service administrator
- Editor
- Information Officer
- Politician/Politician's assistant
- Solicitor

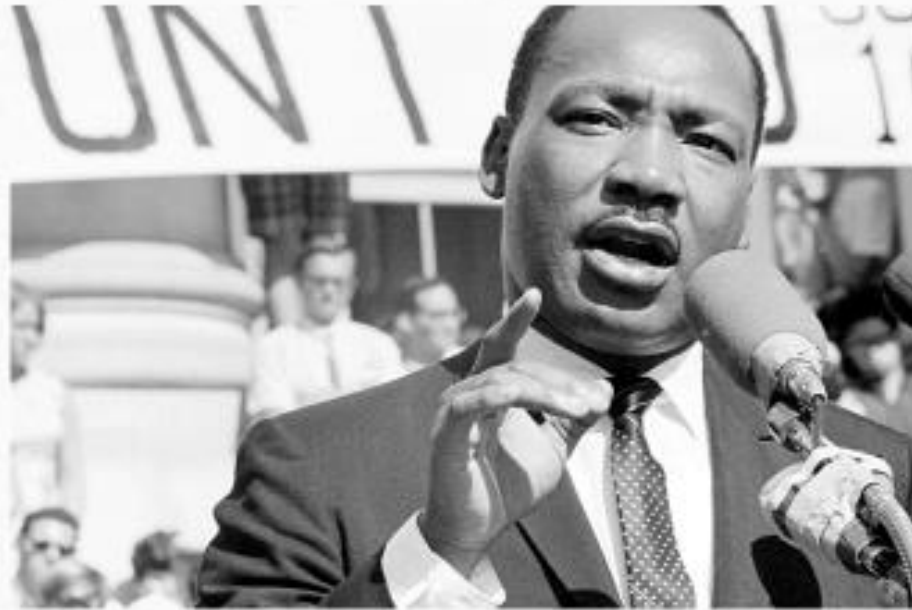
Careers in History

- Heritage manager
- Historic buildings inspector or conservation officer
- Museum or gallery officer or curator
- Secondary school teacher
- Academic librarian
- Archaeologist

Find out how these people changed the world....



Find out how these people changed the world....



Find out how these people changed the world....



Find out how these people changed the world....



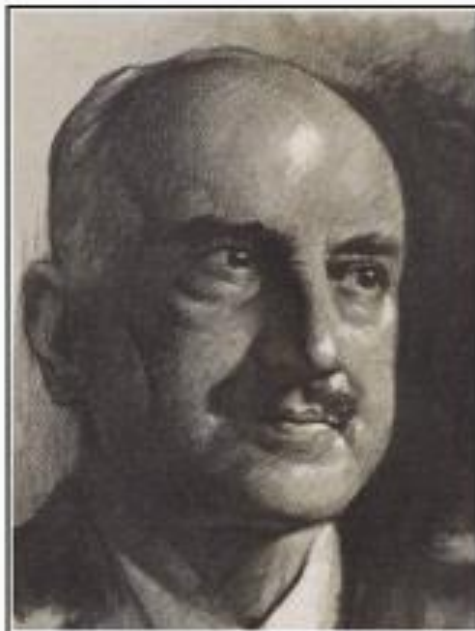
Find out how these people changed the
world....



The Keys to History

- Critical thinking
- Analysis
- Relevance
- Effect
- Considering all facts
- Who wrote the History – Winston Churchill

Important to remember...



Those who cannot learn from history
are doomed to repeat it.

— *George Santayana* —

AZ QUOTES

Home Economics



Periods per week

3 x 58min per year

Practical component:

Yes

Practical Coursework -This is worth 20% of the final mark, submitted in journal form in sixth year.

Project due date:

Coursework - end of October of 6th Year

Written exam date:

June - both Higher & ordinary level offered

This is worth 80% of the final grade. The written examination last for 2.5 hours at both levels and has three sections:

Section A: is worth 60 marks. There will be 12 - 14 short questions and you're marked on you're best 10. These deal mainly with all the core areas.

Section B: is worth 180 marks. There will be 5 questions where you must answer question 1 (food science and nutrition) and any other 2 questions (from the other core areas).

Section C: is worth 80 marks. There will be 3 questions where you choose to answer one (an elective question based on your chosen elective).

Home Economics



Why Pick Home Economics?

The Home Economics syllabus will provide you with knowledge, understanding, skills and attitudes necessary for managing your own lives, for further and higher education and work.

Students should study this subject in order to:

- Be able to research, study, analyse and interpret material.
- Be able and willing to learn Nutrition and Culinary skills.
- Be able to communicate well.
- Be organised.
- Be able to discuss topics and work in teams.

What kind of student would Home Economics suit?

This subject suits a practical student who enjoys making things, doing things and knowing how things work.

It is be advisable for students opting for Leaving Certificate Home Economics to have completed the Junior Certificate course.

Career possibilities

Much of the course is theory based – students are often under the illusion that “it’s all cooking” and find it quite a shock when they realise even the Practical Section has to be written up and presented.

This subject provides a good foundation for careers in a wide range of areas including Health, Nutrition, Education, Tourism, Textiles, Design, the Food industry, Science and Social Studies. [Careers in food and drink.](#)

Music



Periods per week:

Exam Information/Practical Work

3 x 58 minutes

Higher and Ordinary

Listening Paper (100 marks - 25%)

In June of 6th year, a 90-minute long test where you are tested on four set works, Irish music and general listening skills.

Composition Paper (100 marks - 25%)

In June of 6th year, a 90-minute long test where you are tested on Melody writing and harmony

Performance (100 marks - 25%)

In April of 6th year, a test where you perform as a soloist or as part of a group or both.

Higher Level: 3 pieces on one instrument and one unprepared test OR 2 pieces on each of two instruments and one unprepared test

Ordinary Level: 2 pieces on one instrument and one unprepared test.

Music



Periods per week:

3 x 58 minutes

Electives (100 marks - 25%) - Higher level only

You must choose one of the above parts to study for this extra credit. Most people (97%) go for the Performance elective. As Ordinary level does not have an elective component, the component in which the student achieves the highest mark is reweighted to a mark out of 200 to make up 400 marks in total.

Listening Elective: You must work on a music project over the course of 5th and 6th year and submit some work to the State Examinations Commission and sit an extra written paper in June.

Composition Elective: You must undertake a large-scale composition to be submitted to the Examinations Commission in your final year.

Performance Elective: This involves a more substantial performance during the examination period in April of 6th year.

Technology Elective: This can be taken as the Performance Elective for HL students, where students input an already-practised score into computer software and make a series of edits. It's a very doable option. Additionally, Ordinary Level students do not need to know how to play a musical instrument; they can choose a Technology Option as their Performing component. Like HL, they input an already-practised score into computer software and make a series of edits-the OL score is shorter than the HL one.

Why Pick Music?

Physical Education



Periods per week:

3 x 58min per year

Practical component:

Yes
Physical Activity Project (20%)
Performance assessment (30%)
Written exam (50%)

Project due date:

Performance assessment end of March of 6th year (generally)
Performance assessment mid-December of 6th year (generally)

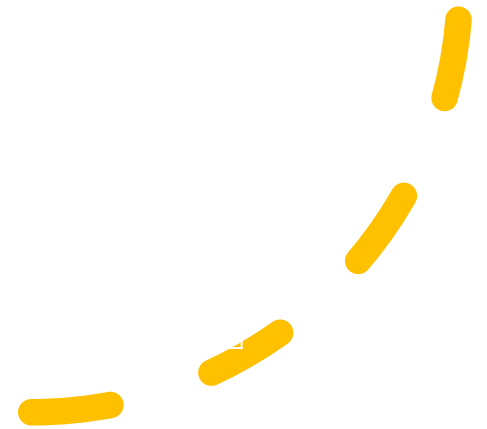
Practical exam date:

N/A

Written exam date:

June

Additional Information – Why Pick PE?



Scoil Uí Mhuirí Overview LCPE- SUBJECT

- ▶ PAP = 20%- 4 GOALS – IMPROVING 1600 WORDS + 4 MINUTE VIDEO. DUE DEC 2023
- ▶ PA= 30% - BEST PERFORMANCE – 8 MINUTE VIDEO DUE MARCH 2024
- ▶ WRITTEN EXAM = 50% 2.5 HOUR EXAM IN JUNE 2024
 - ▶ 12 SHORT QUESTIONS- CHOICE of 10
 - ▶ CASE STUDY – COMPULSORY
 - ▶ 5 LONG QUESTIONS- CHOICE of 3

Introduction to LCPE

*First 14
pages

- ▶ THE SKELETAL SYSTEM – BONES- MOVEMENTS AND JOINTS- MOVEMENT AND THE BODY-
- ▶ THE MUSCULAR SYSTEM- TYPES OF MUSCLES- MUSCLE FIBRE TYPES- HOW DO MUSCLES MOVE- TYPES OF CONTRACTION
- ▶ SAFE PRACTICE IN PE- WARM UP COOL DOWN- TYPES OF STRETCHING
- ▶ TRAINING INTENSITIES

Chapter 1-Learning and Improving skill & Technique

Characteristics of a skilled performance K.A.C.T

Types of skills- open/closed-self paced/externally -gross/fine

Skill V Ability

Stages of Learning- Cognitive- Associative-Autonomous

Types of Feedback

Types of Practice- Massed/Distributed/Fixed/Variable

Methods of Practice- Whole- Part- W/P/W- Mental

Principles of Effective Practice- VP SMARTER

Chapter 1B –Analysing Skill & Technique

Biomechanics- Planes- Sagittal- Frontal- Transverse

Axes of movement- Frontal-Sagittal-Vertical

Levers- Fulcrum-Load- Effort 1st/2nd/3rd

Movement- Vectors and Scalars

Newtons Laws of Motion-Inertia-Acceleration-
Reaction

Chapter 2 A– Physical Demands of Performance

Health related Components MMFAB

Performance Related Components- POWER
CRAB

Testing of all Components – Norms

What components are important for what
activities

FITT Formula applied for each component

Designing a fitness plan

Principles of Training-2B

- ▶ Principles of Training SPORT RAID
- ▶ Methods of Training- Circuit – Continuous- Fartlek-Interval-HITT-Stretching(D/S/PNF)- Weight Training
- ▶ Strategies to support Rest & Recovery- Sleep- Napping-Cold Water-Contrast bathing-Active Recovery-Compression Garments
- ▶ DOMS
- ▶ Periodisation- Macro-Meso-Micro

2-C Psychological Prep For Performance

- ▶ Confidence
- ▶ Self Efficacy- Banduras Model- Performance- Observing others-Emotional State-Verbal Persuasion
- ▶ Motivation- Intrinsic-Extrinsic- role of the coach
- ▶ Feedback – Intrinsic- Vision/Hearing & Proprioception/touch
 - ▶ - Extrinsic – Knowledge of results/ Performance
- ▶ Anxiety- State & Trait Somatic and Cognitive
- ▶ Arousal- Inverted U theory- Catastrophe Theory
- ▶ Strategies to improve-Pre-Performance routines- Simulation- Visualisation-Goal Setting SMART

Diet & Nutrition 2D

Macro – Micro Nutrients

Carbohydrates/ Protein/Fat/Fibre/Vitamins

Hydration/Dehydration

Sports Supplements-Role-Side effects

Energy Systems-ATP-Anaerobic-Aerobic

Design a diet plan

Analysing Performance in Sport 3A

Structures- Formation & Strategies- Kick
out Strategies

Compositional elements- Space-
Dynamics-Rhythm-Relationships

Modifying S & S during a game RAR
method-Recognise-Anticipate-React

Playing roles 7 Non playing roles

Aesthetic Sports

Safe Practice in Sport 3B

Warm up RAMP
method

Cool Down-
DOMS

Common
injuries-Type of
injury and
possible causes

Responding to
injuries-SALTAPS

Treating Injury-
PRICE

Concussion 6
R's

Safe PRACTICE-
Clothing
Equipment &
Facilities

Overtraining &
Fatigue-
Strategies to
Prevent

Organising a
sporting event-
Risk assessment

Role of Coach & Official 3C

&

Planning for Optimum Performance 4

Interpersonal Skills

Communication-
Motivation-Reflection-
Planning-Goal Setting

Role of the Official-
Personal Fitness-
Psychological readiness-
Professionalism-
Assertiveness-manage
Conflict

Conventions – Captains
run in Rugby

Rituals- pre- game music-
certain clothes

Strand 2

Compulsory

Contemporary Issues in Physical Activity

```
graph TD; A[Contemporary Issues in Physical Activity] --> B[Physical Activity Participation]; B --> C[Promoting PA and Pathways to Excellence]; C --> D[Ethics & Fair Play];
```

Physical Activity Participation

Promoting PA and Pathways to Excellence

Ethics & Fair Play

**Prescribed
Annually 2
from the list**

Physical Activity & Inclusion

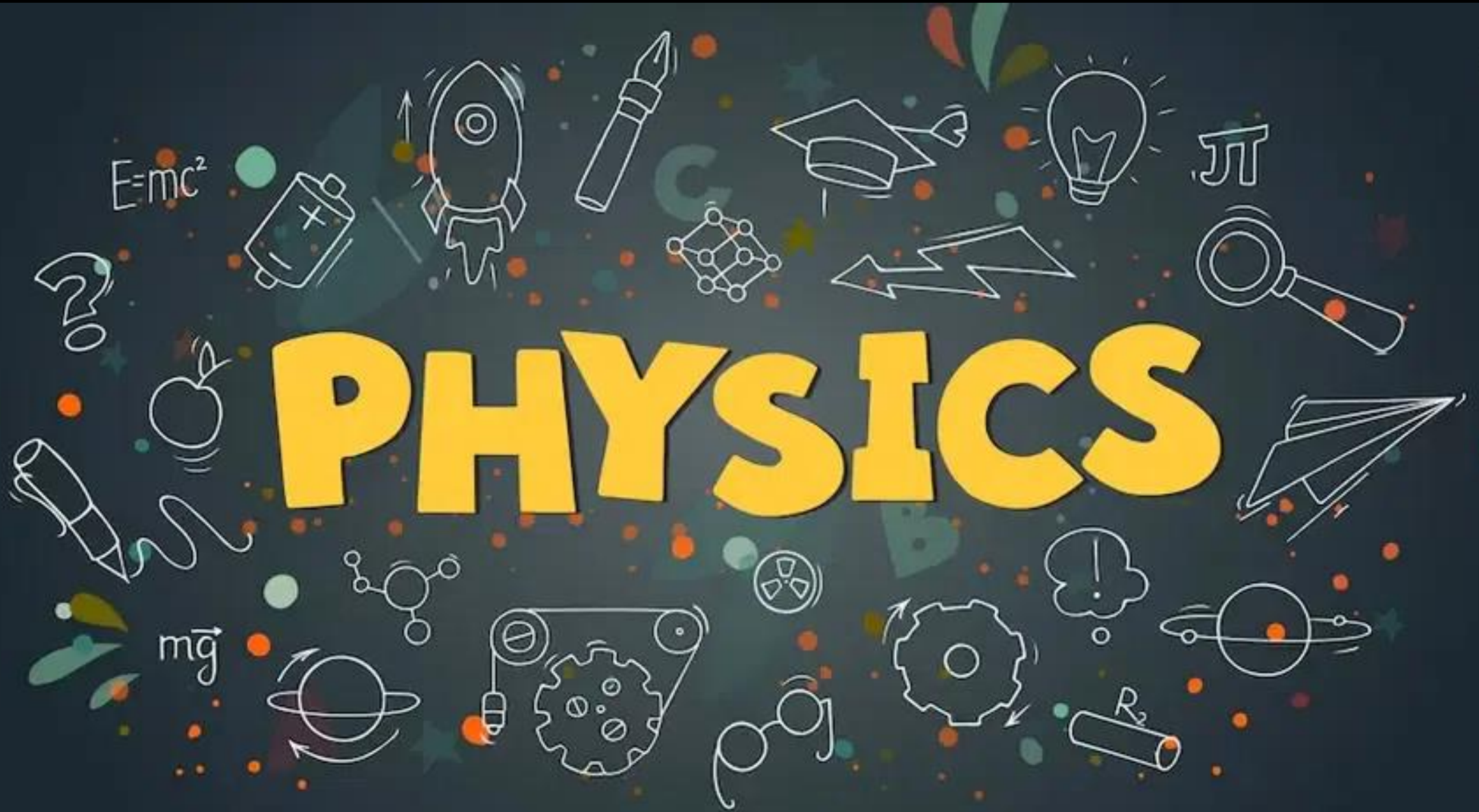
Technology – Media and Sport

Gender & Physical Activity

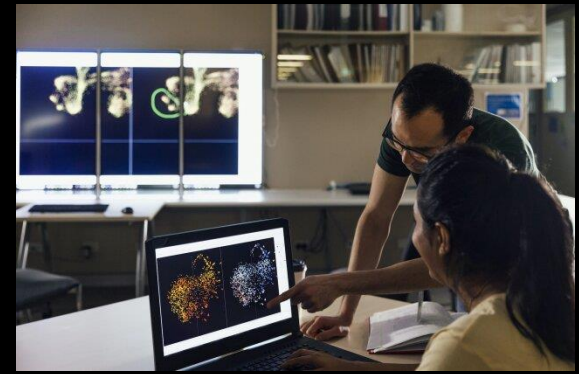
Business & Enterprise in PA and
Sport



PHYSICS



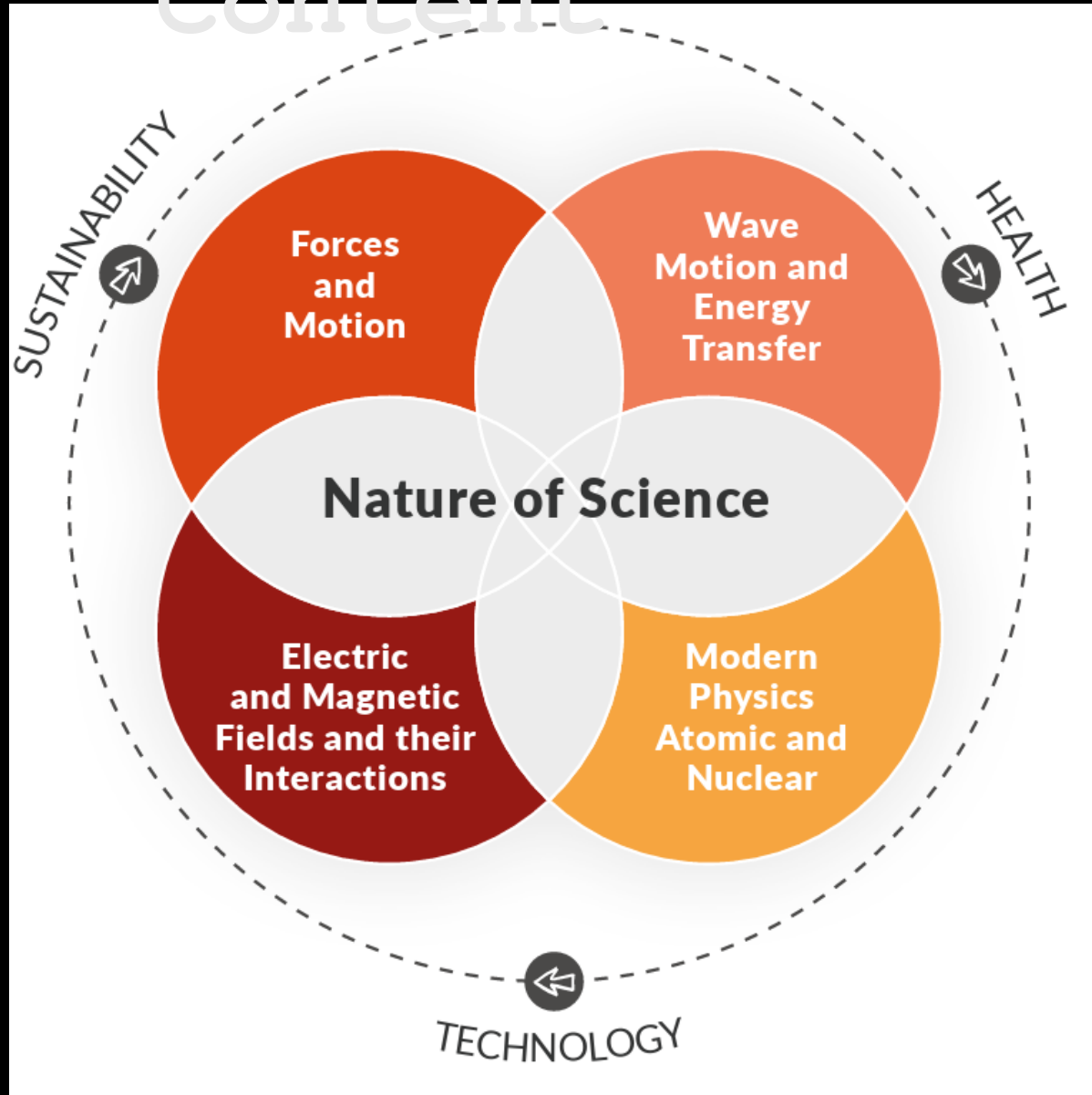
Careers Using Physics Skills



- Astronomer
- Forensics
- Games Developer
- Particle Physicist
- Meteorologist
- Financial analyst
- Engineer
- Mechatronics
- Medical Physicist
- Radiology
- Nuclear Medicine
- Rocket Engineer
- Nano-tech
- Solar Physicist
- Research Physicist
- Education



Course Content



- Forces
- Motion
- Electricity
- Energy
- Waves (sound and light)
- Particle Physics
- Nuclear Physics

60% on written exam

40% coursework project based on practical work

CERN

- 27km Particle Accelerator between France and Switzerland
- Experimenting with sub-atomic particles and energy
- Ireland's application has been accepted to join CERN
- Research opportunities for Irish students



Spanish



Periods per week:

3 x 58min per year

Practical component:

Higher level:

- Oral Exam (25%)
- Listening Comprehension (20%)
- Reading Comprehension (30%)
- Written Production (25%)

Ordinary level:

- Oral Exam (20%)
- Listening Comprehension (25%)
- Reading Comprehension (40%)
- Written Production (15%)

Orals:

First week of April of 6th year (generally)

Practical exam date:

N/A





Written exam date:

June

Additional Information - Why pick Spanish?



Why Learn Spanish?

-  **Global Reach**
Spanish is the second most spoken language in the world, with over **500 million native speakers** across more than **20 countries!**
-  **Career Opportunities**
Bilingual professionals are in **high demand**. Knowing Spanish can open doors in **international business, healthcare, education, and more**.
-  **Travel & Culture**
Immerse yourself fully in Spanish-speaking countries. Enjoy **authentic experiences**, from Spain's **rich history** to Latin America's **vibrant traditions**.
- **Cognitive Benefits**
Learning a new language **improves memory, enhances problem-solving skills, and even delays cognitive decline**.
-  **Entertainment & Media**
Enjoy **Spanish-language music, movies, and literature** in their original form, without needing subtitles.
- **Connect with More People**
Spanish helps you communicate with **millions of people worldwide**, fostering **new friendships and cultural understanding**.



Close

Any questions?