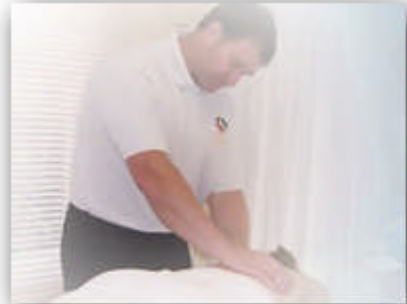




Health and  
Safety

Massage  
Therapy



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## Summary of Qualifications held by Jim Darrah.

### **Diploma Personal Training and Massage Therapy:**

Modules: Fitness Instruction  
Fitness Assessment and Health Appraisal  
Exercise for Special Populations and Consultation  
Skills:  
Circuit Training  
Optimum and Sports Nutrition  
Body Massage  
Sports Massage Therapy  
Rehabilitation and Ultrasound Techniques  
Core Stability and FitBall Instructor

### **Diploma in Advanced Exercise Performance:**

Modules:  
Exercise Prescription  
Health and Safety  
Mechanical Principles of Lifting  
Multi-gym Competence  
Principle of Training  
Competence in Practical Performance  
Polar Heart Rate Monitor Instructor  
Concept II Rowing Instructor and Crew Class Rowing Instructor

### **Diploma in Sports Psychology:**

Modules:  
Getting Started and Goal Setting  
The Power of Beliefs  
Techniques for Change  
Removing Inner Barriers to Performance Module 1 & 2  
Removing Outer Barriers to Performance

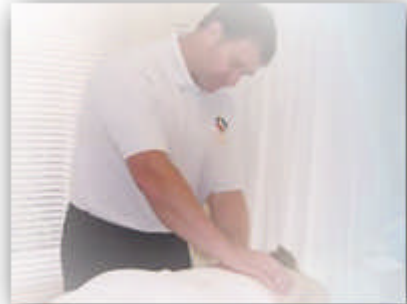
### **Advanced Diploma in the Application of Weight Training and Health Related Exercise:**

Modules:  
Sports Injuries  
Fitness assessment and Monitoring  
Sports Nutrition  
Drugs in Sport  
Biomechanics of Human Movement  
Sports Psychology  
Exercise Prescription  
Application of Weight Training for Sport



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**First Aid Instructor / Assessor**

Appointed Person, Pediatric, Basic First Aid, FAW 4 day and 2 day Refresher all to HSE Requirements

**Automated External Defibrillator (AED) Trainer**

**Manual Handling Trainers Trainer**

Inanimate objects, care handling to RCN and HSE regulations

**Chartered Institute of Environmental Health, Professional Trainer**

**NEBOSH (National Examination Board in Occupational Safety and Health) Certificate in Occupational Health and Safety**

**Technician Member - Institution of Occupational Safety and Health (IOSH)**

**Other Qualifications:**

Expedition Mountain Leader, Rock Climbing Leader, Kayak Instructor, Rugby Coach, Woman's Artistic Gymnastic Coach