

Institute of Technology Tralee



The Institute of Technology Tralee is one of the leading educational facilities in Ireland covering Health & Leisure Studies. Fitech's V5 software is used for Health & Leisure Studies for a range of courses from CAO Higher Certificate to Honours Degrees. Four staff and over 100 full time and mature students have access to the online software.

V5 provides the students with a practical yet very efficient method of getting to grips with the role and services of a personal trainer. Online access makes the system very mobile which is always an advantage in this niche of the industry.

The exercise section provides images of exercises which can be easily tailored in to a personal programme. Students can also add their own exercises if required by uploading photos or images. The physiological and medical modules provide report analysis where the results are compared against average population norms and scientifically validated protocols. As a tutor on the Health & Leisure course many hours go into the theory and methodologies of gym instruction and personal training.

"Fitech V5 allows more time for the theoretical aspect of the subjects to be covered rather than writing endless forms and charts for example."

Joe O Connor - Assistant Lecturer in Health & Leisure Studies

"Fitech enables a quick and efficient transfer of knowledge to a practical application such as a program card or in-depth screening. This allows more time for the theoretical aspect of the subjects to be covered rather than writing endless forms and charts for example. The time students have to spend writing up, printing and presenting programs to clients is drastically reduced due to the easy to use software. It also presents a professional looking report to the client time after time. Going online makes the system much more mobile which is essential for the personal training system. Clients can get immediate feedback at consultations and during sessions.

At the Institute we use a different log-in for classes rather than individuals due to the high usage rates and numbers. The pass words and log ins can be easily managed by us to maintain security."

Joe O Connor - Assistant Lecturer in Health & Leisure Studies.

Fitech offer an educational licence which includes unlimited subjects, users and contains all modules enabling ease of use through out the facility. The system is currently used within a broad range of sectors from colleges and universities to training providers and sport facilities. A free trial of V5 is available via www.fitech.co.uk

Objectives

To provide a software system to:

- Assist as a teaching tool for all health and leisure studies courses
- Manage health & fitness assessment testing
- Quickly create fitness programs
- Provide protocols, norms, information for reference material
- To aid the personal training course
- Required for over 100 students and 4 staff
- A time saver for students and lectures
- Long term ability to increase take up of course

Challenges

- Multiple users in different locations
- Large number of users
- Security of data
- Variations of abilities using the system
- Training

Fitech Solution

- V5 web based system
- Educational license unlimited users and all Modules (Physiological, Lifestyle, Medical, Exercise, Data)
- Wiki V5 on line training guide
- Full on line support

"Fitech's Educational License is an important aspect for our future development. The students of today will become the employees of tomorrow and as Health Professionals will recommend and endorse the Fitech system for the future."

Rowland Kendall - Business Development Manager, Fitech Limited

Results

- Eliminates laborious charts and program creation saving large amounts of time for lecturers
- Unlimited concurrent users
- Easy to use with on line training guide
- Assessable anywhere at anytime
- Accurate, professional & instant reporting
- Secure data & fully administered system
- Regular automatic updates
- Immediate professional feedback at consultations and during sessions
- Instance on line support & guidance
- One stop location for referencing information
- IT free installation

"Fitech enables our trainee instructors/personal trainers produce professional looking programs, reports and analysis with the utmost efficiency. Additionally, the system encourages the user to be diverse and adventurous but still provides safety warnings should items be contraindicated to a client profile. This is essential when instructors/trainers are learning their trade."

Joe O Connor - Assistant Lecturer in Health & Leisure Studies