Example of how to complete the Standards Table

Standard Domain Two: Sport and Exercise Sciences Assessment and Prescription

	Modules that meet this element (codes and module title)	**Description of how module enabled you to meet this standard**	**Continuing professional development undertaken to address this standard**	**Professional experience undertaken to address this standard**
Report and effectively communicate assessment outcomes to clients, groups, and relevant groups.	ABCD1234 – Testing and Evaluation of Human Performance	ABCD1234 – This module is comprised of lectures and practical labs. In these labs we collect a range of physiological data after conducting a pre-screening assessment such as VO_2 max, anthropometry, anaerobic capacity, sprint data, CMJ, running economy and lactate threshold. Once data has been collected, we are assess on our ability to analyse the data, and write a report to the client or coach in an easy to understand manner. This demonstrates the ability to effectively communicate assessment outcomes to an athlete in a written format.	Since graduating, I have successfully completed a Level 1 ISAK accredited course.	I have been engaged with a local GAA club completing skinfolds measure. I provide the athletes with an individual report, and the coaches (with athlete permission) a summary of the individuals results, and also team results based on positions.

Standard Domain Four: Research, Data Analysis and Technology in Sport and Exercise Sciences

	Modules that meet this element (codes and module title)	**Description of how module enabled you to meet this standard**	**Continuing professional development undertaken to address this standard**	**Professional experience undertaken to address this standard**
Critically examine relevant sport and exercise sciences research and apply evidence-based findings to real-world practice.	XXXX Research Dissertation	This module enabled the completion of an individual research project, which was presented as an oral presentation and manuscript. It required formulating of a research question, a systematic literature review, data collection and analysis, and an evidence based. This process built a strong scientific and developed my ability to translate research findings into practical real-world applications	Since completing my degree in 2000 I have consistently engaged in continuing professional development to ensure my practice remains evidence-based and aligned with current scientific understanding. My current practice involves engaging older adults in structured exercise to offset the risk of sarcopenia, maintain bone mineral density, preserve lean body mass, support functional strength and movement, and promote optimal cardiovascular fitness. To address this standard, I regularly review the latest research on ageing, exercise, and behavioural change, attend professional conferences and workshops, undertake relevant certifications, and collaborate with experts in clinical and academic settings. This ongoing learning enables me to refine my approach and deliver effective, research-informed interventions that support both physiological adaptation and long-term engagement in physical activity	My professional experience centres on working with older adults to improve health outcomes through targeted, evidence-based exercise interventions. I run multiple weekly group and individual exercise classes focused on strength, mobility, cardiovascular fitness, and fall prevention. In addition to in-person classes, I lead {insert company name] an online platform designed to support adults over 50 in maintaining functional independence and quality of life. All programmes are informed by current research and tailored to the needs of this population. This hands-on experience allows me to continually apply scientific findings in real-world settings, adapting my approach to meet individual capabilities while also considering factors such as motivation, behavioural adherence, and long-term health goals. This is evidenced through my business website: www.xxx.com