

Steps to obtaining your results from the

Certificate in Exercise and Health Fitness

October 2012



Step 1

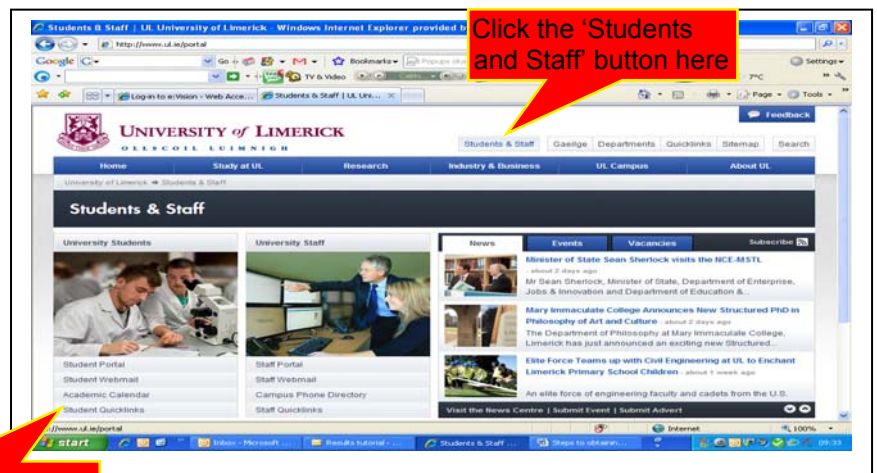
Go to the University of Limerick website homepage at www.ul.ie



Step 2

Right across from the University of Limerick banner, click 'Students & Staff' link.

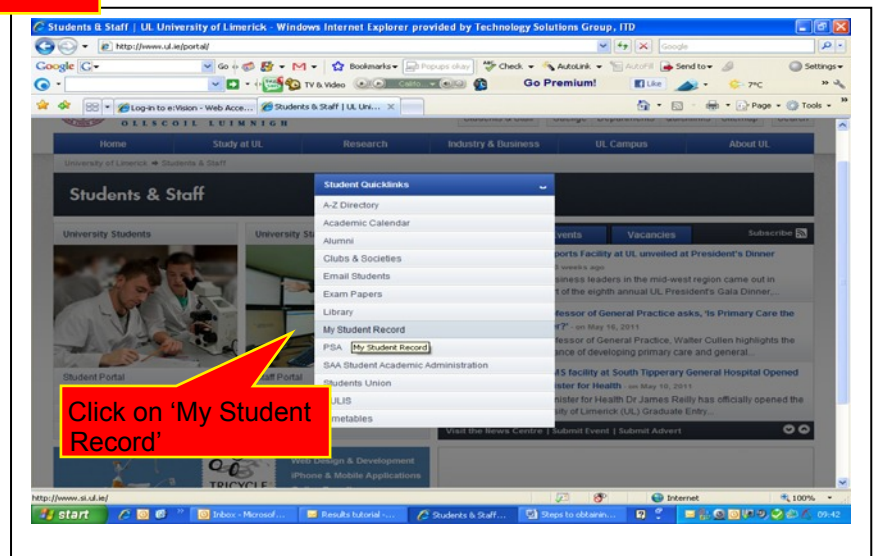
Under the 'University Students' Menu on the left side of the page, click on 'Student Quicklinks'.



Click on 'Student Quicklinks'

Step 3

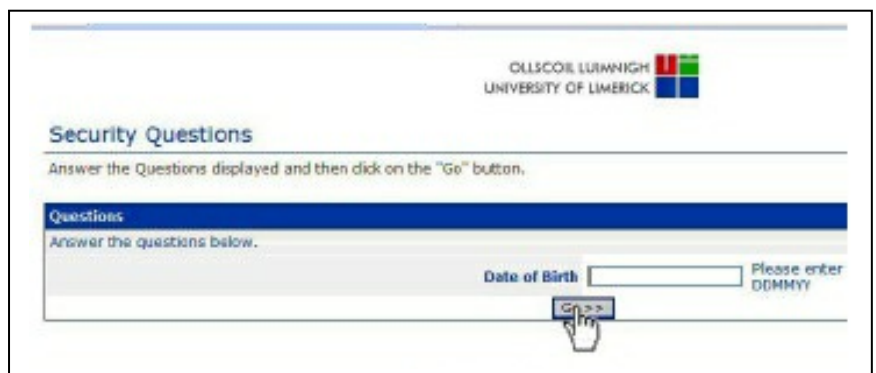
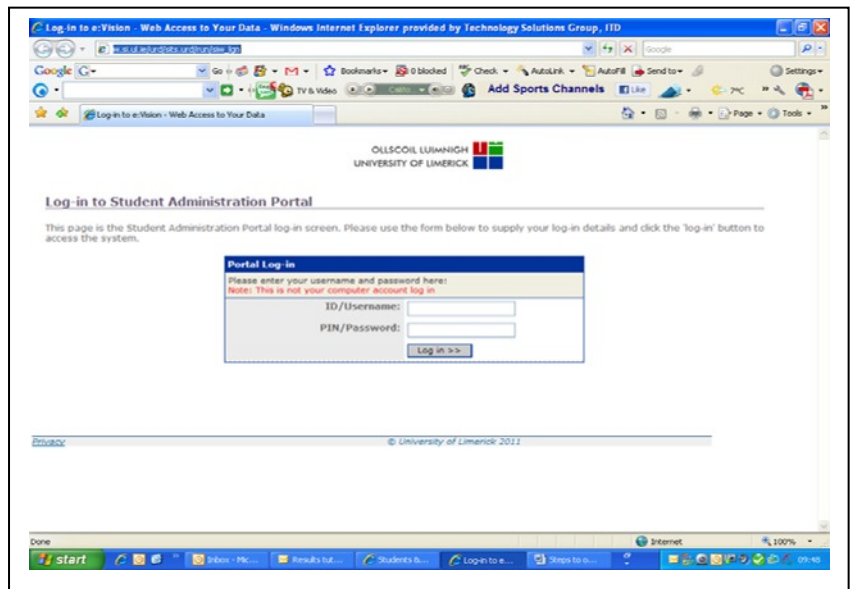
This will bring up a menu and you should click on the link 'My Student Record' which will bring you into a secondary website:-
http://www.si.ul.ie/urd/sits.urd/run/siw_lgn



Click on 'My Student Record'

Step 4

1. Enter your student number from your University of Limerick Student ID card in the ID/User-name box.
2. The **first time** you access your account your pin/password is your date of birth in the format DD followed by the first 3 letters of the month you were born in starting with a capital letter followed by the full year. No spaces. E.g. 06Mar1987 or 17Jul1992 or 20Apr1990 etc
3. You will then be asked to set up your own password, security questions etc



Alternatively, just type this direct link into your website browser, click 'Go' or the 'Enter' button on your keyboard and you will be brought directly to the 'Student Administration' portal.

http://www.siu.ie/urd/sits.urd/run/siw_lgn