

<b>Module Title:</b>	Injury Prevention and Recovery Strategies in Sport
<b>Language of Instruction:</b>	English
<b>Credits:</b>	5
<b>NFQ Level:</b>	8
<b>Module Delivered In</b>	<a href="#">6 programme(s)</a>
<b>Teaching &amp; Learning Strategies:</b>	<p>The learning outcomes detailed above will be achieved through the following teaching methodologies:</p> <ul style="list-style-type: none"> <li>• Lectures – The lecturer will use a combination of lecture, Questions &amp; Answers, group discussion, PowerPoint presentations and online quizzes where appropriate.</li> <li>• Practicals – Students will work in pairs and small groups on functional screening and recovery planning tasks</li> <li>• Problem Solving Exercises – Students will work individually and in small groups to resolve various tasks associated with interpretation of data in both theory and practical classes.</li> <li>• Class Discussion/Debate – Students will be encouraged to actively participate in the class sessions which will develop their analytical and communication skills.</li> <li>• E-Learning – The module will be supported with on-line learning materials through Blackboard.</li> <li>• Self-Directed Independent Learning – The emphasis on independent learning will develop a strong and autonomous work and learning practices.</li> </ul>
<b>Module Aim:</b>	The main aim of this module is to provide an understanding of current injury prevention and recovery strategies used in elite sport.
<b>Learning Outcomes</b>	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Demonstrate an understanding of the concepts of basic functional movement screening
LO2	Administer a series of functional screening tests, recognise dysfunctional movement patterns, interpret findings and prescribe basic corrective exercise strategies
LO3	Demonstrate an understanding of current injury prevention and recovery strategies employed in elite sporting environments
<b>Pre-requisite learning</b>	
<b>Module Recommendations</b>	
<i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i>	
No recommendations listed	
<b>Incompatible Modules</b>	
<i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i>	
No incompatible modules listed	
<b>Co-requisite Modules</b>	
No Co-requisite modules listed	
<b>Requirements</b>	
<i>This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.</i>	
No requirements listed	

## Module Content & Assessment

Indicative Content
<b>Concepts of functional movement screening</b> Administration of movement screening tests ; Use of screening tools; Recognition and understanding dysfunctional movement patterns and muscle imbalances; Basic corrective exercises – muscle recruitment, strengthening and stretching.
<b>Injury prevention strategies</b> Introduction to Load Monitoring - GPS, RPE scale, Heart Rate, Pre-exercise physiological monitoring
<b>Recovery strategies</b> Sleep, active recovery, compression, contrast bathing etc

Assessment Breakdown	%
Continuous Assessment	20.00%
Practical	80.00%

Continuous Assessment				
Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Other	Assignment : Corrective exercise plan, based on functional movement screen	1,2,3	20.00	Sem 1 End

No Project

Practical				
Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Functional movement screening practical exam	1,2,3	80.00	n/a

No End of Module Formal Examination

**SETU Carlow Campus reserves the right to alter the nature and timings of assessment**

**Module Workload**

<b>Workload: Full Time</b>		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	Every Week	2.00
Practicals	Every Week	1.00
Independent Learning	Every Week	6.00
Total Hours		9.00

**Module Delivered In**

Programme Code	Programme	Semester	Delivery
CW_BBSMC_B	<a href="#">Bachelor of Arts (Honours) in Sport Management and Coaching</a>	3	Mandatory
CW_BBSOC_D	<a href="#">Bachelor of Arts in Sport Coaching and Business Management (Football)</a>	3	Mandatory
CW_BBGAA_D	<a href="#">Bachelor of Arts in Sport Coaching and Business Management (GAA)</a>	3	Mandatory
CW_BBRUG_D	<a href="#">Bachelor of Arts in Sport Coaching and Business Management (Rugby)</a>	3	Mandatory
CW_BBSBC_D	<a href="#">Bachelor of Arts in Sport, Business and Coaching</a>	3	Mandatory
CW_BBSBC_B	<a href="#">Bachelor or Arts (Honours) in Sport, Business and Coaching</a>	3	Mandatory