

Module Title:	Coach Education 4 - Rugby
Language of Instruction:	English
Credits:	5
NFQ Level:	8
Module Delivered In	2 programme(s)
Teaching & Learning Strategies:	<ul style="list-style-type: none"> • Practical – Students will take part in lecturer (Coach) lead practical rugby specific practical coaching sessions on the pitch • Lectures - communication of knowledge and ideas from the lecturer to the student. • Self-Directed Independent Learning – The emphasis on independent learning will allow the student(s) to gain an appreciation of the many facets to be considered by the rugby coach.
Module Aim:	The aim of this module is to provide students with the skills to coach 15-a-side (Stage 3 LTPD; Learn to Compete Stage).

Learning Outcomes	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Demonstrate knowledge of the components of the Technical Model and Principles of General Movement & 1st Phase play characteristics of the Game, Player & Coach at stage 3 rugby.
LO2	Appraise a phased Season plan highlighting dates of fixtures, training sessions and important events; and Will be able to extrapolate from the season plan, various phases and training session themes reflecting the 'reality of the game'.
LO3	Describe the key stages of adolescent & teenager growth and development & the implications in boys (Stage 3 Rugby) for: - Exercise - Motor skills - Social development Exercise - Motor skills - Social development and understand the IRFU WLTPD Model and its implications/challenges for coaching & developing the Women's Game in Irish Rugby
LO4	Demonstrate knowledge of the Coaching process & implications for Stage 3 Rugby the difference between technique & skill, able to apply the Model of a Skill Performance to rugby skills, how to develop technique & Skill, the Key Factor Analysis Model, Team, Unit & Individual Skills.
LO5	Demonstrate knowledge of the Principles of General Movement (including the Principle of Usefulness) – Attack. Will be able to identify the 4 Groups/Families and their roles. Will be able to coach General Movement - Attack: Collective Skills Groups (Families) Skills Understand the characteristics & properties of 1st Phase Attack and Defence opportunities from Lineout & Scrum, Backline Attack, Restarts
LO6	Identify different types of motivation – Extrinsic-Intrinsic; Primary-Secondary; Animate-Inanimate Will understand types and advantages of utilising Goals & Goal-setting Will be able to set SMART Goals to achieve Outcome & Performance Goals
LO7	Demonstrate knowledge the components of fitness and the principles of training. Understand the importance and basic physiological underpinnings of the warm-up Demonstrate an ability to plan warm-ups for rugby training and games which incorporate work on movement competency. Be able to produce a basic weekly plan which incorporates rugby and S&C content in a complementary manner.

Pre-requisite learning
Module Recommendations <i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i>
No recommendations listed
Incompatible Modules <i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i>
No incompatible modules listed
Co-requisite Modules
No Co-requisite modules listed
Requirements <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
1. Long Term Player Development Model Focus on Stage 3 – Train to Train stage
2. Principles of Play Attack & Defence
3. Team Play 1 General Movement
4. Individual skills Passing & receiving, Decision making*, Evasion – side-step/swerve, Running in support, Continuity*, Tackling – side/front/rear, Falling in tackle, Picking up the ball.
5. Unit Skills Scrum, L-O, kick-offs, Attack, Defence.
6. Mini-unit skills Ruck, Maul, Support play (Attack & Defence), Restarts - kicking/receiving
7. Skill Development Coaching process, Model of skill performance, Establishing technique
8. The Young Player Development & growth, Exercise, Motor skills, Social development, Stage 3 – Player capacities
9. Practice session Planning, Preparation, Managing a practice, Principles of good practices, Stage 3 – Training session model.
10. Role of the Coach Philosophy, coaching style, responsibilities, requirements, Stage 3 – Coach as Facilitator
11. Mental Fitness Motivation, Goals & Goal- Setting, (S.M.A.R.T).
12. Physical Fitness Warm-up, Cool down, Recovery, Principles & Components, Phasing a programme
13. Team Play 2 Linking principles of attack
14. Injury prevention Prevention, Common types of injury, Injury Assessment TOTAPS, Emergency Plan

Assessment Breakdown	%
Continuous Assessment	30.00%
Practical	35.00%
End of Module Formal Examination	35.00%

Continuous Assessment				
Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Performance Evaluation	Pre Task Planning for Workshops Participation in coaching workshops Reflective practice of Learnings	1,2,3,4,5,6,7	30.00	n/a

No Project

Practical				
Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Coaching Diary/Coach Behaviour Video	1,2,4,5,7	35.00	Sem 2 End

End of Module Formal Examination				
Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Formal Exam	2.5hr exam	1,2,3,4,5,6,7	35.00	End-of-Semester

Module Workload

Workload: Full Time		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	12 Weeks per Stage	1.00
Practicals	12 Weeks per Stage	1.00
Independent Learning	15 Weeks per Stage	5.07
Total Hours		100.00

Module Delivered In

Programme Code	Programme	Semester	Delivery
CW_BBSMC_B	Bachelor of Arts (Honours) in Sport Management and Coaching	5	Elective
CW_BBRUG_D	Bachelor of Arts in Sport Coaching and Business Management (Rugby)	5	Elective