

Module Title:	Player Development 1 - Rugby
Language of Instruction:	English
Credits:	5
NFQ Level:	8
Module Delivered In	2 programme(s)
Teaching & Learning Strategies:	The learning outcomes will be achieved through the following teaching methodologies: • Practical – Students will take part in lecture (Coach) lead practical rugby specific practical sessions on the pitch and in the gym • 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 elite athletes.
Module Aim:	The aim of this module is to provide students with the knowledge & generic skills to enhance their tactical understanding, mental preparation and self-management and to introduce the individual skills to meet the demands of early stage 4 (LTPD) Rugby
Learning Outcomes	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Demonstrate knowledge of technical and tactical awareness of positions and show improved decision making within the principles of play & General movement in Rugby Union.
LO2	Develop knowledge and understanding of rugby specific fitness, fitness testing and how to improve key areas while Showing an improvements in rugby specific fitness components - Speed technique - Athletic Movement (Activate Program) - General Fitness Conditioning - Weights - Functional Strength - General Strength Conditioning Demonstrated through attaining progressive fitness testing results and advancing weight training programs.
LO3	Demonstrate an understanding of the key components of off field player development. This will be facilitated through the production of an Player Development Diary, devised for their Match performance/skill development/fitness development as a rugby player. Learning Rate of Perceived Exertion Fatigue & Recovery IDPs Injury – prevention/management World Rugby Passport – • Anti Doping • Concussion • Keep Rugby onside • Laws of the game
LO4	Recommend and advise on the best nutritional practices and nutritional requirements for participation in competitive adult Rugby
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
Rugby Generic

1. Performance profiling: Through questionnaires, checklists and reports. 2. Skill Development: The coaching process, model of a skilled performance, technique & skill. 3. Motivation & Goal Setting: Different types of motivation, setting SMART goals. 4. Key Factor Analysis: Analysis rationale, Key factor Analysis model. 5. Physical relaxation: Controlled breathing & Progressive Muscular Relaxation (PMR). 6. Injury Prevention & Management: Types of injury, Immediate treatment - RICE, Analysis - TOTAPS. 7. Time Management: Achieving a balance (work & personal time), developing personal schedules.

Technical

1. General Movement. 2. Key Factor Analysis of Individual skills. 3. Development of Individual skills. 4. Skills ; • Evasion • Handling • Tackling • Continuity • Kicking • Catching • Ground skills. 5. Development of Positional skills within Units: Lineout, Scrum, Backline Attack, Backline Defence. 6. Development of Specialist skills: Prop, Hooker, Locks, Backrow, Scrumhalf, Outhalf, Centre, Wing & Fullback.

Sports Nutrition

Healthy balanced diet. Energy requirements and current practices of players. Food pyramid/plate. Basic nutrients. Assessment of diet. Timing of ingestion, Hydration/electrolyte balance, Carbohydrates, Fats, Protein, Vitamins and Minerals

Assessment Breakdown	%
Continuous Assessment	30.00%
Project	40.00%
Practical	30.00%

Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Other	MODE A: Post Performance Player Feedback App - Self reflection - Including RPE/Training Load/Technical & Tactical proficiency rating to access: Player Development skills GENERIC - ball skills - Continuity - Defence POSITION specific - set - game awareness MODE B: ESSAY(1500 words) on Rugby Development Topic - Player Development skills Individual Skill Development Game Preparation/warm up	1,2,3	30.00	Ongoing

Project

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Project	Player Diary & World Rugby Passport	1,2,3,4	20.00	n/a
Project	Nutrition: essay (1200 words) on advice/recommendations for player on key aspects of nutrition (healthy balanced diet, macros, timing of ingestion, hydration etc)	3,4	20.00	End-of-Semester

Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	MODE A : FITNESS RESULTS - TESTING eg: Yo Yo test/150m shuttle run - score -per position - 0-10speed -body fat Player Diary MODE B: MODE B: ESSAY(1500 words) on Rugby FITNESS Topic - TESTING IN RUGBY UNION	2,3	30.00	Sem 1 End

No End of Module Formal Examination

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

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	4.00
Independent Learning	15 Weeks per Stage	2.67
Lecture	12 Weeks per Stage	2.00
Total Hours		124.00

Module Delivered In

Programme Code	Programme	Semester	Delivery
CW_BBSMC_B	Bachelor of Arts (Honours) in Sport Management and Coaching	1	Mandatory
CW_BBRUG_D	Bachelor of Arts in Sport Coaching and Business Management (Rugby)	1	Mandatory