ZPHI C2107: Strength and Conditioning Applied Coaching 3

Module Title:	Strength and Conditioning Applied Coaching 3
Language of Instruction:	English

Credits:	5

NFQ Level:	6

Module Delivered In	2 programme(s)

Teaching & Learning Strategies:	This module will be taught in one theory class of one hour duration and a double hour practical per week. The theory class will include lecture, Q&A, group discussion, PowerPoint presentation and CR-Rom support where appropriate. The practical work will comprise demonstration and instruction in training methods to develop the various performance-related components of fitness. The primary focus however will be on developing students' practical skills and confidence in conducting training sessions. There will be a focus on developing and designing training methods with a sport-specific focus.

Module Aim:	To provide students with the ability to demonstrate and coach basic and applied resistance training exercises including olympic lifts in a safe and effective manner. In addition, the student will gain the scientific knowledge to design and implement sport specific conditioning programmes in relation to resistance training and olympic lifts. The demonstrating and coaching of these exercises will be in line with professional accreditations (ASCC from the UKSCA and the CSCS from the NSCA).

Learning Outcomes	
On successful completion of this module the learner should be able to:	
LO1	Demonstrate and coach advanced resistance training exercises.
LO2	Demonstrate and analyse Olympic lift technique and exercise variations.
LO3	Design and implement sport specific resistance training and olympic lifting programmes.
LO4	Demonstrate an understanding of the scientific principles of resistence training

Pre-requisite learning
Module Recommendations *This is prior learning (or a practical skill) that is recommended before enrolment in this module.*
No recommendations listed
Incompatible Modules *These are modules which have learning outcomes that are too similar to the learning outcomes of this module.*
No incompatible modules listed
Co-requisite Modules
No Co-requisite modules listed
Requirements *This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.*
Successful completion of year 1 or equivalent

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Module Content & Assessment

Indicative Content
Olympic lifts Teaching technique and progression.
Resistance Training Resistance training for specific sports. Exercise progressions to include intensity, volume and recovery variations.

Assessment Breakdown	%
Continuous Assessment	50.00%
Practical	50.00%

Continuous Assessment

Assessment Type	*Assessment Description*	*Outcome addressed*	*% of total*	*Assessment Date*
Other	Digital demonstration (video) of key auxiliary exercises.	1	20.00	n/a
Presentation	Group task presentation of a topic specific to the module	4	20.00	n/a
Essay	Critical review of the scientific principles underpinning an element of resistance/olympic lifting training.	3,4	10.00	n/a

No Project

Practical

Assessment Type	*Assessment Description*	*Outcome addressed*	*% of total*	*Assessment Date*
Practical/Skills Evaluation	Practical assessment	1,2	25.00	Sem 2 End
Practical/Skills Evaluation	Practical Assessment	1,2	25.00	Sem 2 End

No End of Module Formal Examination

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

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Module Workload

Workload: Full Time		
Workload Type	*Frequency*	*Average Weekly Learner Workload*
Lecture	12 Weeks per Stage	1.00
Laboratory	12 Weeks per Stage	2.00
Independent Learning	15 Weeks per Stage	5.93
	Total Hours	125.00

Module Delivered In

Programme Code	Programme	Semester	Delivery
CW_SASPS_B	Bachelor of Science (Honours) in Sport and Exercise Science	4	Mandatory
CW_SASAC_B	Bachelor of Science (Honours) in Strength and Conditioning	4	Mandatory