

<b>Module Title:</b>	Strength and Conditioning for Performance
<b>Language of Instruction:</b>	English
<b>Credits:</b>	5
<b>NFQ Level:</b>	8
<b>Module Delivered In</b>	<a href="#">2 programme(s)</a>
<b>Teaching &amp; Learning Strategies:</b>	This module will be taught in one hour theory class and a double hour practical per week. The theory class will include active learning, flipped learning, group discussion and lecture content. The practical work will comprise of demonstration and competent coaching to develop the various performance-related components of strength and conditioning. The primary focus however will be on developing students' competent practical skills and confidence in coaching patient/athlete in a one to one or group setting. There will be a specific focus on developing and designing strength and conditioning programme for enhancing performance.
<b>Module Aim:</b>	To provide students with the scientific knowledge and competency to design, implement and critically analyse effective strength and conditioning training programmes for patient/athlete returning from injury or for athletic performance. To develop the theoretical knowledge and practical skills of strength & conditioning programs to maximise performance. To demonstrate and coach training exercises and plans that will be in line with professional strength and conditioning accreditations (ASCC from the UKSCA and the CSCS from the NSCA).
<b>Learning Outcomes</b>	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Display the scientific principles underpinning the components of strength and conditioning through competent practical application and coaching.
LO2	Critically analyse and appraise the various strength and conditioning training methods in training a patient/athlete returning from injury or in performance enhancement
LO3	Critically appraise the principles of periodisation in the designing of training programmes in the different training phases of a season, that reflect the specific demands of different sports.
<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>	
Successful completion of year 1 or equivalent	

## Module Content & Assessment

### Indicative Content

#### Strength/Power: Resistance Training

Resistance training for specific sports; advanced approaches to resistance training - pyramid training, supersetting, pre-exhaust training etc; resistance training to correct imbalance; biomechanical principles of resistance training – joint loading, system loading, forces, centre of gravity, muscle action lines, levers, force angle; analysis of resistance exercises to develop appropriate load technique and load for muscular development and rehabilitation

#### Strength/Power: Olympic lifts

Teaching technique and progression

#### Speed/Agility/Quickness (SAQ)

Science and application of SAQ training, sprint training, acceleration/deceleration, reaction/quickness training, application of SAQ principles to different sports

#### Strength/Power: Plyometrics

Scientific principles of plyometric training (stretch shortening cycle), basic plyometric exercises, medicine ball drills, sport-specific plyometric drills, safety considerations, designing plyometric programmes; complex and functional training

#### Injury Prevention

screening and designing injury prevention programmes

#### Recovery Sessions

Scientific basis of and conducting recovery sessions

#### Endurance training

Review and conduct training methods for aerobic and anaerobic endurance training and lactate threshold training (steady-state, fartlek, interval, model training, hill repetitions, sport specific drills)

#### Periodisation

design of preparatory, competitive and transition training programmes, practical application of programme design for specific sports, application of macro, meso and micro cycles, preparation for competition, peaking and tapering

Assessment Breakdown	%
Continuous Assessment	20.00%
Practical	40.00%
End of Module Formal Examination	40.00%

### Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Other	Continuous assessment may include MCQ, assignments or project work	2,3	20.00	n/a

No Project

### Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Practical Exam	1,2	40.00	n/a

### End of Module Formal Examination

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Formal Exam	Written exam paper	2,3	40.00	End-of-Semester

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	12 Weeks per Stage	1.00
Practicals	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_SASRA_B	<a href="#">Bachelor of Science (Honours) in Sports Rehabilitation and Athletic Therapy</a>	4	Mandatory
CW_SAPHS_C	<a href="#">Higher Certificate in Science in Physiology and Health Science</a>	4	Mandatory

<b>Discussion Note:</b>	Co-author Damien Sheehan
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