

STGY: Injury Prevention and Recovery Strategies in Sport

| Modulo Tittis: | | | | | | | | |
|---|--------------------------------|----------------|----------|---|--|--|--|--|
| Oredits: 5 Credits: 5 NFQ Level: 6 Module Delivered In 8 programme(s) Teaching & Learning Strategies: The learning outcomes detailed above will be achieved through the following teaching methodologies: • Ledures - The lecturer will use a combination of lecture, Questions & Answers, group discussion, PowerPoint presentations and online quizzes where appropriate Practicals - Students will work in pairs and small groups on functional screening and recovery planning tasks - Probability Students will work individually and in small groups to resolve various tasks associated will interpretation of data in both theory and practical classes. • Class Discussion/Debate - Students will work independent Learning - The emphasis on independent Learning materials through Blackboard - Self-Directed Independent Learning - The emphasis on independent learning will develop a strong and autonomous work and learning practices. Module Alm: The main aim of this module is to provide an understanding of current injury prevention and recovery strategies used in elite sport. Learning Outcomes Consuccessful completion of this module the learner should be able to: LO1 Demonstrate an understanding of turcent injury prevention and recovery strategies employed in elite sporting environments Pre-requisite learning (or a practical skill) that is recommended before enrolment in this module. No recommendations Interpret learning outcomes that are too similar to the learning outcomes of this module. No recommendations listed Co-requisite Modules Requive | Module Title: | | | Injury Prevention and Recovery Strategies in Sport | | | | |
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Module Content & Assessment

STGY: Injury Prevention and Recovery Strategies in Sport

Indicative Content Concepts of functional movement screening 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. Injury prevention strategies Introduction to Load Monitoring - GPS, RPE scale, Heart Rate, Pre-exercise physiological monitoring **Recovery strategies** Sleep, active recovery, compression, contrast bathing etc Assessment Breakdown % Continuous Assessment 20.00% Practical 80.00% **Continuous Assessment** Assessment Assessment Description Outcome % of Assessment Туре addressed total Date Other 20.00 Assignment : Corrective exercise plan, based on functional movement 1,2,3 Sem 1 End screen No Project Practical Assessment Type Assessment Description Outcome % of Assessment addressed total 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



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Module Workload

| Workload: Full Time | | | | | | |
|----------------------|---------------|------------------------------------|--|--|--|--|
| Workload Type | Frequency | Average Weekly Learner Workload | | | | |
| 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 | Bachelor of Arts (Honours) in Sport Management and Coaching | 3 | Mandatory |
| CW_BBSOC_D | Bachelor of Arts in Sport Coaching and Business Management (Football) | 3 | Mandatory |
| CW_BBGAA_D | Bachelor of Arts in Sport Coaching and Business Management (GAA) | 3 | Mandatory |
| CW_BBRUG_D | Bachelor of Arts in Sport Coaching and Business Management (Rugby) | 3 | Mandatory |
| CW_BBSBC_D | Bachelor of Arts in Sport, Business and Coaching | 3 | Mandatory |
| CW_BBSBC_B | Bachelor or Arts (Honours) in Sport, Business and Coaching | 3 | Mandatory |