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| <b>Module Title:</b>  | Injury Prevention and Recovery Strategies in Sport   |
| <b>Language of Instruction:</b>   | English  |
| <b>Credits:</b>   | 5  |
| <b>NFQ Level:</b>   | 6  |
| <b>Module Delivered In</b>  | <a href="#">6 programme(s)</a>   |
| <b>Teaching &amp; Learning Strategies:</b>  | <p>The learning outcomes detailed above will be achieved through the following teaching methodologies:</p> <ul style="list-style-type: none"> <li>• Lectures – The lecturer will use a combination of lecture, Questions &amp; Answers, group discussion, PowerPoint presentations and online quizzes where appropriate.</li> <li>• Practicals – Students will work in pairs and small groups on functional screening and recovery planning tasks</li> <li>• Problem Solving Exercises – Students will work individually and in small groups to resolve various tasks associated with interpretation of data in both theory and practical classes.</li> <li>• Class Discussion/Debate – Students will be encouraged to actively participate in the class sessions which will develop their analytical and communication skills.</li> <li>• E-Learning – The module will be supported with on-line learning materials through Blackboard.</li> <li>• Self-Directed Independent Learning – The emphasis on independent learning will develop a strong and autonomous work and learning practices.</li> </ul> |
| <b>Module Aim:</b>  | The main aim of this module is to provide an understanding of current injury prevention and recovery strategies used in elite sport.   |
| <b>Learning Outcomes</b>  |  |
| <i>On successful completion of this module the learner should be able to:</i>                                       |  |
| LO1   | Demonstrate an understanding of the concepts of basic functional movement screening  |
| LO2   | Administer a series of functional screening tests, recognise dysfunctional movement patterns, interpret findings and prescribe basic corrective exercise strategies  |
| LO3   | Demonstrate an understanding of current injury prevention and recovery strategies employed in elite sporting environments  |
| <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>  |  |
| No requirements listed  |  |

## Module Content & Assessment

| Indicative Content   |
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| <b>Concepts of functional movement screening</b><br>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. |
| <b>Injury prevention strategies</b><br>Introduction to Load Monitoring - GPS, RPE scale, Heart Rate, Pre-exercise physiological monitoring   |
| <b>Recovery strategies</b><br>Sleep, active recovery, compression, contrast bathing etc  |

| Assessment Breakdown  | %      |
|-----------------------|--------|
| Continuous Assessment | 20.00% |
| Practical             | 80.00% |

| Continuous Assessment |  |                   |            |                 |
|-----------------------|--|-------------------|------------|-----------------|
| Assessment Type       | Assessment Description   | Outcome addressed | % of total | Assessment Date |
| Other                 | Assignment : Corrective exercise plan, based on functional movement screen | 1,2,3             | 20.00      | Sem 1 End       |

No Project

| Practical                   |  |                   |            |                 |
|-----------------------------|--|-------------------|------------|-----------------|
| Assessment Type             | Assessment Description                       | Outcome addressed | % of total | Assessment 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**

**Module Workload**

| <b>Workload: Full Time</b> |                  |  |
|----------------------------|------------------|--|
| <i>Workload Type</i>       | <i>Frequency</i> | <i>Average Weekly Learner Workload</i> |
| 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     | <a href="#"><u>Bachelor of Arts (Honours) in Sport Management and Coaching</u></a>           | 3        | Mandatory |
| CW_BBSOC_D     | <a href="#"><u>Bachelor of Arts in Sport Coaching and Business Management (Football)</u></a> | 3        | Mandatory |
| CW_BBGAA_D     | <a href="#"><u>Bachelor of Arts in Sport Coaching and Business Management (GAA)</u></a>      | 3        | Mandatory |
| CW_BBRUG_D     | <a href="#"><u>Bachelor of Arts in Sport Coaching and Business Management (Rugby)</u></a>    | 3        | Mandatory |
| CW_BBSBC_D     | <a href="#"><u>Bachelor of Arts in Sport, Business and Coaching</u></a>                      | 3        | Mandatory |
| CW_BBSBC_B     | <a href="#"><u>Bachelor or Arts (Honours) in Sport, Business and Coaching</u></a>            | 3        | Mandatory |