

Module Title:	Player Development 4 - GAA	
Language of Instruction:	English	
Credits:	5	
NFQ Level:	6	
Module Delivered In	2 programme(s)	
Teaching & Learning Strategies:	<ul style="list-style-type: none">• Practical – Students will take part in lecture (Coach) lead practical sport specific practical sessions on the pitch and in the gym• Lectures - communication of knowledge and ideas from the lecturer to the student. This may involve Q&A, group discussion or powerpoint presentations and online learning support where appropriate.• Problem solving exercises – students will work alone or as part of a team to address various playing and performance analysis challenges;• 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 the Gaelic Games athlete.	
Module Aim:	To provide students with the knowledge, skills and attributes to enhance their own individual performance in each area of the GAA's Player Pathway model to meet the demands of Gaelic Games.	
Learning Outcomes		
On successful completion of this module the learner should be able to:		
LO1	Display a high level of proficiency to design, implement and evaluate programmes to help develop Gaelic Games specific athletic development components for pitch and gym based sessions.	
LO2	Demonstrate the knowledge, capabilities and ability to continually self-reflect on areas of personal improvement needed for technical and tactical optimal performance levels	
LO3	Create an action plan towards improving personal performance in the areas of technical and tactical player development	
Pre-requisite learning		
Module Recommendations		
This is prior learning (or a practical skill) that is recommended before enrolment in this module.		
8567	DEVL C1316	Player Development 1 - GAA
8573	DEVL_2	Player Development 3 - GAA
8575	DEVL C1321	Player Development 2 - GAA
11730	ZSPT C4102	Current Concepts in Strength and Conditioning
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.		
No requirements listed		

Module Content & Assessment

Indicative Content

Physical Athletic Development

Develop knowledge and understanding of how to improve sport specific fitness components through pitch and gym based activities. (Aerobic, Anaerobic, Speed, Agility, Balance, Co-ordination, Strength) • Undergo fitness testing and receive results and feedback on key individual improvement goals in relation to results. • Progression of gym based strength and conditioning programme

Technical Proficiency

• Performing the skills of Gaelic Football / Hurling / Camogie to an autonomous level in an open environment • Non-pressurised to pressurised • Adaptation of skill performance in response to the environment • Continue to inform development of skills through awareness of individual strengths and weaknesses (including personal style) • Performing skills at a consistent level and under control • Completion of the refinement of skills through consistent performance beyond conscious control

Tactical

• Performing and altering decision making based on situational factors • Environmental conditions and opponents • Utilise event and position specific tactical preparation • Have a comprehensive knowledge of, as well as the ability to fully utilise, the principles of attack / defence / transition • Developing team play skills in open competitive environment • Altering team play/style based on opponents and environmental factors as practiced in a training environment • Effective competition strategies to play to strengths and exploit weaknesses of opponents • Altering decision making in real time

Performance Profiling

Developing greater awareness of self performance based on internal profiling and external feedback from coaches, statistics and video footage • Utilise the information to inform future development and performance goals. • Evaluation of all aspects of you (individual and team) play in real time at an autonomous level

Action planning

• Periodising a block to make improvements in tactical or technical area. Rational for plans • Using smart goals • Setting achievable short and medium term goals • Keeping a daily diary

Assessment Breakdown	%
Continuous Assessment	50.00%
Practical	50.00%

Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Project	Design, implement, evaluate and make recommendations on your own GYM based Athletic Development programme (2,000 word max)	1	50.00	n/a

No Project

Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Mode A: (Players able to participate in class activities) Complete a self analysis performance profile on your own Tactical / Teamplay profile to identify short and medium term improvement goals. Use a weekly class log to capture all work completed to achieve the identified goals to improve performance. Mode B (Players Unable to participate in class activities) 1) Complete a self analysis performance profile on your own Tactical / Teamplay profile to identify medium to long term improvement goals. 2) Create a rehabilitation programme. 3) Use a weekly class log to capture all player development and rehabilitation work completed to regain full fitness and improve performance.	2,3	50.00	n/a

No End of Module Formal Examination

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

Module Workload

Workload: Full Time		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Practicals	12 Weeks per Stage	3.00
Estimated Learner Hours	15 Weeks per Stage	5.93
Total Hours		125.00

Module Delivered In

Programme Code	Programme	Semester	Delivery
CW_BBSMC_B	Bachelor of Arts (Honours) in Sport Management and Coaching	4	Mandatory
CW_BBGAA_D	Bachelor of Arts in Sport Coaching and Business Management (GAA)	4	Mandatory