

<b>Module Title:</b>	Player Development 5 - Rugby
<b>Language of Instruction:</b>	English
<b>Credits:</b>	5
<b>NFQ Level:</b>	7
<b>Module Delivered In</b>	<a href="#">2 programme(s)</a>
<b>Teaching &amp; Learning Strategies:</b>	The learning outcomes will be achieved through the following teaching methodologies: • Practical – Students will take part in lecture (Coach) lead practical rugby specific practical sessions on the pitch and in the gym • Lectures - communication of knowledge and ideas from the lecturer to the student. • 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 elite athletes.
<b>Module Aim:</b>	The aim of this module is to provide students with the knowledge & generic skills to enhance their tactical understanding, mental preparation and self-management and to introduce the individual skills to meet the demands of early stage 4 (LTPD) Rugby
<b>Learning Outcomes</b>	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Demonstrate knowledge of technical and tactical awareness of positions and show improved decision making within the principles of play & General movement in Rugby Union.
LO2	Develop knowledge and understanding of rugby specific fitness, fitness testing and how to improve key areas while Showing an improvements in rugby specific fitness components - Speed technique - Athletic Movement (Activate Adult Program ) - General Fitness Conditioning - Weights (Snatch) - Functional Strength - General Strength Conditioning Demonstrated through attaining progressive fitness testing results and advancing weight training programs.
LO3	Apply an improved understanding of the key components of off field player development. This will be facilitated through the production of a fitness logbook, devised for their fitness development as a rugby player. The following key elements of the off field player development will be included - IDPs Relative Age Effect Gamification Tactical periodisation Theming Resilience Strategy & tactics Racism Women in sport World Rugby Passport – • Mental Health • First Aid Rugby • Conditioning for Adult
LO4	Critically analyse data obtained and validate the reasons for the selection of the analysis methods used. Integrate the use of video recording spreadsheet and basic statistical techniques. Develop the skills and knowledge to perform within a sports performance analysis setting.
<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

#### Rugby Generic

1. Performance profiling: Through questionnaires, checklists and reports. 2. Skill Development: The coaching process, model of a skilled performance, technique & skill. 3. Motivation & Goal Setting: Different types of motivation, setting SMART goals. 4. Key Factor Analysis: Analysis rationale, Key factor Analysis model. 5. Physical relaxation: Controlled breathing & Progressive Muscular Relaxation (PMR). 6. Injury Prevention & Management: Types of injury, Immediate treatment - RICE, Analysis - TOTAPS. 7. Time Management: Achieving a balance (work & personal time), developing personal schedules.

#### Technical

1. General Movement. 2. Key Factor Analysis of Individual skills. 3. Development of Individual skills. 4. Skills ; • Evasion • Handling • Tackling • Continuity • Kicking • Catching • Ground skills. 5. Development of Positional skills within Units: Lineout, Scrum, Backline Attack, Backline Defence. 6. Development of Specialist skills: Prop, Hooker, Locks, Backrow, Scrumhalf, Outhalf, Centre, Wing & Fullback.

#### Sports analysis

Sportscodes/Nacsports - Charts/Live Stats Metrica Sports player Tracking Data Visualisations (Excel - charts to present to data) Rugby science Performance analysis research Current game trends Statistical analysis Individual team metrics

Assessment Breakdown	%
Continuous Assessment	30.00%
Project	40.00%
Practical	30.00%

### Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Other	MODE A: Post Performance Player Feedback App - Self reflection - Including RPE/Training Load/Technical & Tactical proficiency rating to access: Player Development skills GENERIC - ball skills - Continuity - Defence POSITION specific - set - game awareness MODE B: ESSAY(1500 words) on Rugby Science Development Topic - Player Development skills Individual Skill Development Hand Eye Co-ordination World Rugby Activate program Game Preparation/warm up	1,2,3	30.00	Ongoing

### Project

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Project	Player Diary & World Rugby Passport	1,2,3,4	20.00	n/a
Project	Sports Analysis Project - Computerised Analysis	3,4	20.00	End-of-Semester

### Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	MODE A; FITNESS RESULTS - TESTING eg: Yo Yo test/150m shuttle run - score -per position - 0-10speed -body fat Player Diary MODE B: ESSAY(1500 words) on Rugby Science Rugby Fitness S&C	2,3	30.00	Sem 1 End

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		
Workload Type	Frequency	Average Weekly Learner Workload
Lecture	12 Weeks per Stage	1.00
Practicals	12 Weeks per Stage	4.00
Independent Learning	15 Weeks per Stage	2.67
Total Hours		100.00

**Module Delivered In**

Programme Code	Programme	Semester	Delivery
CW_BBSMC_B	<a href="#">Bachelor of Arts (Honours) in Sport Management and Coaching</a>	5	Elective
CW_BBRUG_D	<a href="#">Bachelor of Arts in Sport Coaching and Business Management (Rugby)</a>	5	Elective