

Module Title:	Paediatric Strength and Conditioning
Language of Instruction:	English
Credits:	5
NFQ Level:	8
Module Delivered In	1 programme(s)
Teaching & Learning Strategies:	<p>This module will be delivered with two theory hour (lecture) and one double hour practical class per week. Lectures will be taught using a combination of powerpoint presentations, group discussions, case studies, guest speakers, problem-base learning, student presentations and online media resources to provide them with a broad overview of the fundamental concepts and the science underpinning youth fitness and athletic development. Practical classes will provide the student with an opportunity to demonstrate and progress their competent practical skills confidence by implement an age appropriate training programme to that target age group. The student will be required to supplement taught lectures and practical classes with independent reading and research in the area of youth fitness, strength and conditioning. Self-directed learning will be complemented by group discussions and problem based learning that use both face-to-face and online modes of delivery.</p>
Module Aim:	<p>To provide the student with a practical and theoretical scientific knowledge of the physiological, growth and maturation processes of the paediatric population. Design and implement age appropriate exercise in order to minimise injury risk, maximise training adaptations, and achieve long term athlete/physical development (LTAD). Awareness of the different LTAD models and the contemporary issues associated within the youth fitness pediatric population.</p>
Learning Outcomes	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Discuss the fundamental concepts in paediatric with the impact of growth and maturation on physiological system, physical participation and sports performance
LO2	Demonstrate and competently coach fundamental movement skills with age appropriate exercises.
LO3	Formulate and implement safe, enjoyable, individualised an age-appropriate exercise training programme to develop and improve all components of youth fitness.
LO4	Analyse and critically evaluate the contemporary issues in paediatric strength and conditioning, including injuries and injury prevention programmes.
LO5	Analyse the long term athlete development pathway in youth
Pre-requisite learning	
Module Recommendations	
<i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i>	
No recommendations listed	
Incompatible Modules	
<i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i>	
No incompatible modules listed	
Co-requisite Modules	
No Co-requisite modules listed	
Requirements	
<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

Indicative Content

In the youth fitness population, maturity-associated variation occurs in growth and performance. Acute and chronic adaptations to exercise training in youth development of physical fitness qualities. Planning, monitoring and evaluating safe and age-appropriate exercise training programs based on the different long term athletic development (LTAD) models in the physical, psychological and emotional maturity in addition to the demands of the sport. Critically analysis the contemporary issues in the youth and paediatric population, including injury risk.

Assessment Breakdown	%
Continuous Assessment	50.00%
Practical	50.00%

Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Presentation	n/a	1,4,5	25.00	n/a
Essay	n/a	1,4,5	25.00	n/a

No Project

Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Competent coaching of real world applied learning youth programme.	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>
Independent Learning	15 Weeks per Stage	5.13
Practicals	12 Weeks per Stage	2.00
Lecture	12 Weeks per Stage	2.00
Total Hours		125.00

Module Delivered In

Programme Code	Programme	Semester	Delivery
CW_SASAC_B	Bachelor of Science (Honours) in Strength and Conditioning	7	Mandatory

Discussion Note:	co-author Paul Byrne
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