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| Module Title: | Player Development 1 - Football |
| Language of Instruction: | English |
| Credits: | 5 |
| NFQ Level: | 6 |
| Module Delivered In | 2 programme(s) |
| Teaching & Learning Strategies: | - Lectures - Discussion - Readings - Project work - Practicals |
| Module Aim: | Provide the learner with an opportunity to develop their understanding of 'Player Development' in a practical context from the perspective of the player with a focus on football specific fitness. Introduce learners to the structure and purpose of the FAI Grassroots dept. and investigate the role it plays in player development in Ireland. |

| Learning Outcomes | |
|--|--|
| On successful completion of this module the learner should be able to: | |
| LO1 | Demonstrate an understanding of the structure and purpose of the FAI Grassroots Department and the role it plays in Player Development in Ireland. |
| LO2 | Demonstrate an understanding of and individually develop Football specific fitness in relation to the 11v11 game (Endurance, Speed, Power, Agility). |
| LO3 | Recommend and advise on the best nutritional practices and nutritional requirements for participation in competitive adult Football |

| 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
Technical/ Tactical:

Develop understanding of key game principles: (Attacking, Defending, Transitions) from the perspective of individual, unit, team in reality based training sessions.

Football Fitness:

Develop and improve football specific fitness through pitch and gym based activities. (Endurance, Speed, Power, Agility). Undergo fitness testing and receive results and feedback on key individual improvement goals in relation to results. Introduction to gym based strength and conditioning programme.

FAI Grassroots:

Overview of the FAI Grassroots department - strategy, structure, staffing, purpose, partners, interdependencies. Specific detail on the programmes with the grassroots department within the FAI (Schools, Clubs, Intercultural, Disability etc.)

Sports Nutrition

Healthy balanced diet. Energy requirements and current practices of players. Food pyramid/plate. Basic nutrients. Assessment of diet. Timing of ingestion, Hydration/electrolyte balance, Carbohydrates, Fats, Protein, Vitamins and Minerals

| Assessment Breakdown | % |
|-----------------------|--------|
| Continuous Assessment | 30.00% |
| Project | 20.00% |
| Practical | 50.00% |

Continuous Assessment

| Assessment Type | Assessment Description | Outcome addressed | % of total | Assessment Date |
|-----------------|---|-------------------|------------|-----------------|
| Presentation | Group Presentation: (Approx 12mins) Grassroots Football in Ireland (FAI). | 1 | 30.00 | n/a |

Project

| Assessment Type | Assessment Description | Outcome addressed | % of total | Assessment Date |
|-----------------|--|-------------------|------------|-----------------|
| Project | Essay: (Approx 1200 words) Nutrition essay - advice/recommendations for the player on key aspects of nutrition (healthy balanced diet, macros, timing of ingestion, hydration etc) | 3 | 20.00 | n/a |

Practical

| Assessment Type | Assessment Description | Outcome addressed | % of total | Assessment Date |
|-----------------------------|--|-------------------|------------|-----------------|
| Practical/Skills Evaluation | Fitness Testing Protocol: (Approx 45mins) Complete a football specific fitness testing protocol from the perspective of the 'player'. Focusing on Football Specific Fitness. | 1,2 | 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> |
| Lecture | 12 Weeks per Stage | 1.00 |
| Practicals | 12 Weeks per Stage | 4.00 |
| Estimated Learner Hours | 12 Weeks per Stage | 5.42 |
| Lecture | 12 Weeks per Stage | 2.00 |
| Total Hours | | 149.00 |

Module Delivered In

| Programme Code | Programme | Semester | Delivery |
|----------------|---|----------|-----------|
| CW_BBSMC_B | Bachelor of Arts (Honours) in Sport Management and Coaching | 1 | Mandatory |
| CW_BBSOC_D | Bachelor of Arts in Sport Coaching and Business Management (Football) | 1 | Mandatory |