

## DEVL C1317: Player Development 1 - Football

Language of Instruction:       English         Credits:       5         Strategies:       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 reland.         Learning Outcomes       Demonstrate an understanding of the structure and purpose of the FAI Grassroots Department and the role it plays in Player Development in Ireland.         L01       Demonstrate an understanding of and individually develop Football specific fitness in relation to the 11v11 game (Endurance, Speed, Power, Agility).			
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LO1       Demonstrate an understanding of the structure and purpose of the FAI Grassroots Department and the role it plays in Player         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       Pre-requisite learning (or a practical skill) that is recommended before enrolment in this module.         No recommendations listed       Incompatible Modules         These are modules which have learning outcomes that are too similar to the learning outcomes of this module.       No incompatible modules listed         No Co-requisite modules listed       Requirements       Requirements         Requirements       Requirements       Requirements         No Co-requisite modules listed       Recomments       Recomments         No Co-requisite modules listed       Recomments       Recomments         No Co-requisite modules listed       Recomments       Recomments         Requirements       Recomments       Recomments       Recomments         Recomments       Recomments       Recomments       Recomments         Recomments       Recomments       Recomments       Recomments       Recomments         Recomments <t< td=""><td>Learning Ou</td><td>utcomes</td><td></td></t<>	Learning Ou	utcomes	
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# DEVL C1317: Player Development 1 - Football

### **Module Content & Assessment**

#### Indicative Content

#### Technical/ Tactical:

Develop understanding of key game principles: (Attacking, Defending, Transitions) from the persective 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 Asse	ssment			
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				

Fractical				
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				

No End of Module Formal Examination

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



## DEVL C1317: Player Development 1 - Football

## 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
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