

<b>Module Title:</b>	Coach Education 2 Theory - Rugby
<b>Language of Instruction:</b>	English

<b>Credits:</b>	5
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<b>NFQ Level:</b>	8
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<b>Module Delivered In</b>	<a href="#">2 programme(s)</a>
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<b>Teaching &amp; Learning Strategies:</b>	<ul style="list-style-type: none"> <li>• Practical – Students will take part in lecturer (Coach) lead practical rugby specific practical coaching sessions on the pitch and in the gym</li> <li>• Lectures - communication of knowledge and ideas from the lecturer to the student.</li> <li>• 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 rugby coach.</li> </ul>
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<b>Module Aim:</b>	The aim of this module is to provide students with the skills to coach 15-a-side (Stage 2 LTPD; Learn to Train Stage).
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<b>Learning Outcomes</b>	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Discuss the theory, characteristics & essences of Stage 2 rugby players, coaches and the game.
LO2	Describe the role of the coach (appropriate to Stage 2 LTPD) and understand the different Effective Coaching elements within the IRFU Process Continuum (Technical Model) relevant to Stage 2 rugby
LO3	Demonstrate the necessary teaching skills and appropriate coaching style of 'guiding' and Coaching Philosophy
LO4	Discuss the Principles of Fitness training for young players, Injury prevention & First Aid and concussion management.
LO5	Will have appropriate* knowledge of the current laws (Laws Test – IRFU age grade regulations) and Will understand current regulations & law interpretations

<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**

**Long Term Player Development Model**

Focus on Stage 2 The Young Player: Outline of Physical Literacy: Physical, emotional, psychological, social development. The Charter: Basic introduction to the ethos and principles of rugby union

**Planning a session:**

Planning, considerations, time, equipment, objectives, playing area Organisation & Management of a session: Layout, use of grids, organisation, management Practice session: Planning, considerations, organisation, management, conclusion/ conditioning, warm-up, playing area.

**Teaching Skills:**

Introduction, demonstration, practice, correction

**Role of the Coach:**

(including coach as referee) Philosophy, coaching style, responsibilities, requirements

**Skill Development**

• Individual skills: Passing (including decision making 2 v 1), catching, kicking, running, tackling (X3), falling in the tackle • Mini-unit skills: Ruck, Maul • Unit Skills: Scrum, L-O, kick-offs, Attack, Defence. • Team Skills: General Movement

**Fitness for the young player - Including common injuries and first aid**

n/a

**Refereeing & Laws: Youth / schools Rugby refereeing**

n/a

Assessment Breakdown	%
Continuous Assessment	30.00%
End of Module Formal Examination	70.00%

**Continuous Assessment**

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Other	Pre Task Planning for Workshops Participation in coaching workshops Reflective practice of Learnings	1,2,3,4,5	30.00	Every Week

No Project

No Practical

**End of Module Formal Examination**

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Formal Exam	2.5hr exam	1,2,3,4,5	70.00	End-of-Semester

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

**Module Workload**

<b>Workload: Full Time</b>		
<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	1.00
Independent Learning	15 Weeks per Stage	5.07
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>	3	Mandatory
CW_BBRUG_D	<a href="#">Bachelor of Arts in Sport Coaching and Business Management (Rugby)</a>	3	Mandatory