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| Module Title: | Player Development 3 - Rugby |
| Language of Instruction: | English |
| Credits: | 5 |
| NFQ Level: | 8 |
| Module Delivered In | 2 programme(s) |
| Teaching & Learning Strategies: | 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. |
| Module Aim: | 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 |
| Learning Outcomes | |
| <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 Program) - General Fitness Conditioning - Weights - Functional Strength - General Strength Conditioning Demonstrated through attaining progressive fitness testing results and advancing weight training programs. |
| LO3 | Demonstrate 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 – Leadership/ IDPs /Match & Training Demands – Match Day strategies/Rugby Environment /Travel/ World Rugby Passport – • Conditioning for /Youth/ • Rugby Ready • Match officials |
| LO4 | Demonstrate an understanding of current drug and supplement use in sport and of Irish and International regulations in this area |
| 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

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.

Drugs in Sport/Supplements

Drug regulation in sport: Irish sports council, WADA. History of doping. Drug testing protocol; players rights and obligations. Commonly used drugs and supplements in sports

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

Continuous Assessment

| Assessment Type | Assessment Description | Outcome addressed | % of total | Assessment Date |
|-----------------|---|-------------------|------------|-----------------|
| Other | 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 | 1,2,3 | 30.00 | Ongoing |
| Presentation | Drugs in Sport presentation on commonly abused substances and/or doping regulation. Approx 15 mins in duration | 4 | 20.00 | n/a |

Project

| Assessment Type | Assessment Description | Outcome addressed | % of total | Assessment Date |
|-----------------|-------------------------------------|-------------------|------------|-----------------|
| Project | Player Diary & World Rugby Passport | 1,2,3 | 20.00 | n/a |

Practical

| Assessment Type | Assessment Description | Outcome addressed | % of total | Assessment Date |
|-----------------------------|--|-------------------|------------|-----------------|
| Practical/Skills Evaluation | FITNESS RESULTS - TESTING eg: Yo Yo test/150m shuttle run - score -per position - 0-10speed -body fat Player Diary | 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 | | |
|----------------------------|--------------------|--|
| <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 |
| Independent Learning | 15 Weeks per Stage | 2.67 |
| Lecture | 12 Weeks per Stage | 2.00 |
| Total Hours | | 124.00 |

Module Delivered In

| Programme Code | Programme | Semester | Delivery |
|----------------|--|----------|-----------|
| CW_BBSMC_B | Bachelor of Arts (Honours) in Sport Management and Coaching | 3 | Mandatory |
| CW_BBRUG_D | Bachelor of Arts in Sport Coaching and Business Management (Rugby) | 3 | Mandatory |