

<b>Module Title:</b>	Strength and Conditioning Applied Coaching 2
<b>Language of Instruction:</b>	English
<b>Credits:</b>	5
<b>NFQ Level:</b>	6
<b>Module Delivered In</b>	<a href="#">4 programme(s)</a>
<b>Teaching &amp; Learning Strategies:</b>	The module includes both large-group and small-group classes, alongside tutor-directed and self-directed independent student learning. The large group lecture classes will include interactive learning activities and formative assessment tasks such as discussions and quizzes. The small group practical classes will provide students with the opportunity to experience different types of exercise training and to develop the technical and communication skills required in coaching.
<b>Module Aim:</b>	The aim of this module is to enable students to develop their knowledge and understanding of the theory underpinning exercise training for the development of speed, agility and muscular power, their skills in coaching these aspects of fitness for sport and health, and their skills in designing exercise training programmes.
<b>Learning Outcomes</b>	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Explain the principles of exercise training programme design, monitoring and evaluation.
LO2	Display skills in planning, demonstrating and coaching exercise sessions designed to develop speed.
LO3	Display skills in planning, demonstrating and coaching exercise sessions designed to develop agility.
LO4	Display skills in planning, demonstrating and coaching exercise sessions designed to develop muscular power via plyometric exercises.
<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

#### Theory: Exercise training programme design

Considerations in the design of single-fitness-component and multiple-fitness-component training programmes; the use of subjective and objective markers of progress in monitoring and evaluation of training programmes; introduction to periodisation of training. Appropriate adjustments to exercise; based on factors such as client's fitness level and health status.

#### Theory and practice: Training for speed

Defining speed; role of speed in sports performance; role of speed in health; exercises for the development of linear acceleration; exercises for the development of linear speed; design of training sessions for speed.

#### Theory and practice: Training for agility

Defining agility; role of agility in sports performance; role of agility in health; exercises for the development of multidirectional speed and agility.

#### Theory and practice: Training for muscular power via plyometrics

Defining muscular power; role of muscular power in sports performance; role of muscular power in health; physiology of the stretch shortening cycle; plyometric exercises for the development of muscular power.

#### Coaching skills: Coaching philosophy

Factors which influence coaching philosophies; development of coaching philosophies. Psychosocial competencies incorporating ethical practice, professionalism and sociocultural awareness for example EHFA and EREPS codes of ethical practice.

#### Safety

The safe use of equipment and appropriate programming for specific contexts; minimising risk associated with exercise execution; ensuring correct posture, range of motion, control etc

Assessment Breakdown	%
Continuous Assessment	50.00%
Practical	50.00%

### Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Portfolio	Portfolio of assessments such as multiple choice quizzes, exercise analyses and session plans.	1,2,3,4	50.00	n/a

No Project

### Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Evaluation of skills in planning, demonstrating and coaching exercises designed to develop strength, stability and endurance	1,2,3,4	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**

<b>Workload: Full Time</b>		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	12 Weeks per Stage	2.00
Practicals	12 Weeks per Stage	2.00
Independent Learning Time	15 Weeks per Stage	5.13
Total Hours		125.00

**Module Delivered In**

Programme Code	Programme	Semester	Delivery
CW_SASPS_B	<a href="#">Bachelor of Science (Honours) in Sport and Exercise Science</a>	2	Mandatory
CW_SASRA_B	<a href="#">Bachelor of Science (Honours) in Sports Rehabilitation and Athletic Therapy</a>	2	Mandatory
CW_SASAC_B	<a href="#">Bachelor of Science (Honours) in Strength and Conditioning</a>	2	Mandatory
CW_SAPHS_C	<a href="#">Higher Certificate in Science in Physiology and Health Science</a>	2	Mandatory