

<b>Module Title:</b>	Applied Strength and Reconditioning
<b>Language of Instruction:</b>	English
<b>Credits:</b>	10
<b>NFQ Level:</b>	8
<b>Module Delivered In</b>	<a href="#">2 programme(s)</a>
<b>Teaching &amp; Learning Strategies:</b>	<p>This module will be delivered as two theory hours (lecture) and two double hour practical classes per week. Lectures will be taught using a combination of PowerPoint presentations, group discussions, case studies, guest speakers, problem-base learning, student presentations and online media resources to provide them with a thorough understanding broad overview of the fundamental concepts and the science underpinning advanced resistance training in strength and conditioning. Practical classes will provide the student with an opportunity to develop and progress their applied practical skills and to gain confidence with competent coaching through collaborative learning. The student will be required to supplement taught lectures and practical classes with independent reading and research in the area of strength and conditioning. Self-directed learning will be complemented by group discussions and problem based learning that use both face-to-face and online modes of delivery</p>
<b>Module Aim:</b>	<p>The aim of this module is to applied strength and conditioning methods and competent coaching techniques associated with the design of training programmes both to enhance human performance in sport and returning from injury in line with professional accreditation (UKSCA, ASCA, NSCA). To assesses athlete's functional movement competence and appropriate corrective exercises.</p>
<b>Learning Outcomes</b>	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Develop a sport-specific resistance training programme for strength, power and hypertrophy that includes training goals frequency, loads, exercise type, variations and progressions to enhance performance or returning from injury.
LO2	Describe the importance of periodisation, needs analysis and training phase planning to strength and conditioning programmes for individual athletes or team setting.
LO3	Critically analyse functional movement patterns and apply appropriate corrective strategies
LO4	Critically evaluate linking the principles of soft tissue healing process with the stages of healing both in terms of physiology and psychology of injury.
LO5	Critically assess the practical application of strength and conditioning in a reconditioning programme for the most common neuromusculoskeletal injuries from the acute stage to returning to competition in different sports.
<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

No indicative content

### Assessment Breakdown

	%
Continuous Assessment	30.00%
Practical	30.00%
End of Module Formal Examination	40.00%

### Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Case Studies	Case studies	1,2,3,4,5	30.00	n/a

No Project

### Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Practical assessment	1,2,4	30.00	n/a

### End of Module Formal Examination

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Formal Exam	Written examination	1,2,3,4,5	40.00	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	2.00
Practicals	12 Weeks per Stage	4.00
Independent Learning Time	15 Weeks per Stage	11.87
Total Hours		250.00

**Module Delivered In**

Programme Code	Programme	Semester	Delivery
CW_SASPS_B	<a href="#">Bachelor of Science (Honours) in Sport and Exercise Science</a>	5	Mandatory
CW_SASAC_B	<a href="#">Bachelor of Science (Honours) in Strength and Conditioning</a>	5	Mandatory