

## ZSPT C4102: Current Concepts in Strength and Conditioning

NFQ Level:       8         Module Delivered In       1 programme(s)         Teaching & Learning Strategies:       This module will be delivered over two hours of lectures and two hours of practical class per week for one term and will be based around group work on self selected topics. Course lecture summaries, course calendar, announcements and other course-related material will be available on Blackboard, a virtual learning environment. Students can liaise with the lecture to discuss research methods, data collection, PowerPoint Presentation, and group project work.         Module Aim:       To develop the student's ability to investigate, review, synthesise and present information on current issues in Strength & Conditioning.         Learning Outcomes       Communicate sports/strength and conditioning specific information and/or ideas effectively using written, visual, oral and practical methods of communication.         LO1       Communicate sports/strength and conditioning specific information and/or ideas effectively using written, visual, oral and practical methods of communication.         LO2       Establish an ability to review relevant sports/strength and conditioning/exercise literature, take research data and integrate it into a structured presentation.         LO3       Contribute as an effective team member to the successful completion of a group project on a sports/strength and conditioning/exercise-based scientific topic.         Pre-requisite learning (or a practical skill) that is recommended before enrolment in this module.         No recommendations       This is prior learning outcomes that are too similar to the learning outcomes of this module. <th colspan="7"></th>							
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Successful completion of year 3 or equivalent			practical skill) that is mandatory before enrolment in this module is allowed.				
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# ZSPT C4102: Current Concepts in Strength and Conditioning

### **Module Content & Assessment**

#### Indicative Content

#### Theory

Specific content will be determined by the research topics in sports/strength & conditioning and may include areas such as women in sport, nutrition, sport and health, sport and medical conditions, sports technology, long term player/athlete pathway etc. Guidelines for conducting a successful literature review Guidelines for effective communication including critical review of scientific writing, creation of PowerPoint presentations, preparation of oral, written, and practical presentations. Analysis of numerical data using graphs, charts, tables and basic statistics in sports science. Advantages and disadvantages of group project based learning.

Assessment Breakdown	%	
Continuous Assessment	100.00%	

Continuous Assessment					
Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date	
Presentation	Group Presentation: Topic 1 will be researched by a group who will then present an audio-visual based report, and an accompanying practical demonstration/investigation	1,2,3	30.00	Week 4	
Presentation	Group Presentation (3 people max per group): Topic 2 will be researched by a smaller group, and will be presented through audio-visual means	1,2,3	50.00	Every Week	
Other	Attendance and contribution	3	20.00	n/a	
No Project					
No Practical					
No End of Module Formal Examination					

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



## ZSPT C4102: Current Concepts in Strength and Conditioning

## Module Workload

Workload: Full Time		
Workload Type	Frequency	Average Weekly Learner Workload
Lecture	12 Weeks per Stage	2.00
Practicals	12 Weeks per Stage	2.00
Estimated Learner Hours	15 Weeks per Stage	5.13
	Total Hours	125.00

Module Delivered In							
Programme Code	Programme	Semester	Delivery				
CW_SASAC_B	Bachelor of Science (Honours) in Strength and Conditioning	7	Mandatory				