

Module Title:	Current Concepts in Strength and Conditioning
Language of Instruction:	English
Credits:	5
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 lecturer 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	
<i>On successful completion of this module the learner should be able to:</i>	
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	
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>	
Successful completion of year 3 or equivalent	

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

Module Workload

Workload: Full Time		
<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
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