

Module Title:	Periodisation
Language of Instruction:	English
Credits:	5
NFQ Level:	8
Module Delivered In	2 programme(s)
Teaching & Learning Strategies:	<p>The learning outcomes detailed above will be achieved through the following teaching methodologies: Lectures – The lecturer will use a combination of lecture, Questions & Answers, group discussion and PowerPoint presentations where appropriate; Problem Solving Exercises – Students will work individually and in small groups to resolve various tasks associated with periodisation planning. Class Discussion/Debate - Students will be encouraged to actively participate in the class sessions which will develop their analytical and communication skills; E-Learning – The module will be supported with on-line learning materials through Blackboard; Self-Directed Independent Learning – There will be a strong emphasis on self-directed and independent learning which will develop autonomous work and learning practices.</p>
Module Aim:	<p>The aim of this module is to develop students' knowledge and understanding of current periodisation concepts and how these can be applied to achieve optimal athletic performance for individual athletes and teams</p>
Learning Outcomes	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Display and understanding of and apply advanced periodisation principals : design of preparatory, competitive and transition training programmes, practical application of programme design for specific sports, application of macro, meso and micro cycles, preparation for competition, peaking and tapering
LO2	Critically appraise and apply different periodisation models (traditional, block and conjugate) to long term athletic development programmes.
LO3	Display a thorough critical understanding of the principles and components that underpin training adaptations to strength and conditioning
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
Periodisation History; Benefits to team sport athletes; Appropriate design of training programmes using periodisation principles/concepts.
Data Analysis & Programme Planning Interpretation of fitness testing data against age-appropriate and sport-specific norms; Critical appraisal and application of data to periodisation programme development
Load Monitoring GPS technology, RPE, use in periodisation plan monitoring

Assessment Breakdown	%
Project	100.00%

No Continuous Assessment

Project				
Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Project	Periodisation project: to include an age appropriate and sport-specific training and strength and conditioning programme for a team over a full season taking into account key periodisation principals and concepts	1,2,3	100.00	n/a

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	Every Week	3.00
Independent Learning	Every Week	7.00
Total Hours		10.00

Module Delivered In

Programme Code	Programme	Semester	Delivery
CW_BBSMC_B	Bachelor of Arts (Honours) in Sport Management and Coaching	7	Mandatory
CW_BBIBC_B	Bachelor of Arts (Honours) in Sport, Business and Coaching	7	Mandatory