

<b>Module Title:</b>	Player Development 3 - Rugby
<b>Language of Instruction:</b>	English
<b>Credits:</b>	5
<b>NFQ Level:</b>	6
<b>Module Delivered In</b>	<a href="#">2 programme(s)</a>
<b>Teaching &amp; Learning Strategies:</b>	The learning outcomes will be achieved through the following teaching methodologies: • Practical – Students will take part in lecture (Coach) lead practical rugby specific practical sessions on the pitch and in the gym • Lectures - communication of knowledge and ideas from the lecturer to the student. • Self-Directed Independent Learning – The emphasis on independent learning will allow the student(s) to gain an appreciation of the many facets to be considered by elite athletes.
<b>Module Aim:</b>	The aim of this module is to provide students with the knowledge & generic skills to enhance their tactical understanding, mental preparation and self-management and to introduce the individual skills to meet the demands of early stage 4 (LTPD) Rugby
<b>Learning Outcomes</b>	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Demonstrate knowledge of technical and tactical awareness of positions and show improved decision making within the principles of play & General movement in Rugby Union.
LO2	Develop knowledge and understanding of rugby specific fitness, fitness testing and how to improve key areas while Showing an improvements in rugby specific fitness components - Speed technique - Athletic Movement (Activate Program) - General Fitness Conditioning - Weights - Functional Strength - General Strength Conditioning Demonstrated through attaining progressive fitness testing results and advancing weight training programs.
LO3	Demonstrate an improved understanding of the key components of off field player development. This will be facilitated through the production of a fitness logbook, devised for their fitness development as a rugby player. The following key elements of the off field player development will be included – Leadership/ IDPs /Match & Training Demands – Match Day strategies/Rugby Environment /Travel/ World Rugby Passport – • Conditioning for /Youth/ • Rugby Ready • Match officials
LO4	Demonstrate an understanding of current drug and supplement use in sport and of Irish and International regulations in this area
<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**

**Rugby Generic**

1. Performance profiling: Through questionnaires, checklists and reports. 2. Skill Development: The coaching process, model of a skilled performance, technique & skill. 3. Motivation & Goal Setting: Different types of motivation, setting SMART goals. 4. Key Factor Analysis: Analysis rationale, Key factor Analysis model. 5. Physical relaxation: Controlled breathing & Progressive Muscular Relaxation (PMR). 6. Injury Prevention & Management: Types of injury, Immediate treatment - RICE, Analysis - TOTAPS. 7. Time Management: Achieving a balance (work & personal time), developing personal schedules.

**Technical**

1. General Movement. 2. Key Factor Analysis of Individual skills. 3. Development of Individual skills. 4. Skills ; • Evasion • Handling • Tackling • Continuity • Kicking • Catching • Ground skills. 5. Development of Positional skills within Units: Lineout, Scrum, Backline Attack, Backline Defence. 6. Development of Specialist skills: Prop, Hooker, Locks, Backrow, Scrumhalf, Outhalf, Centre, Wing & Fullback.

**Drugs in Sport/Supplements**

Drug regulation in sport: Irish sports council, WADA. History of doping. Drug testing protocol; players rights and obligations. Commonly used drugs and supplements in sports

Assessment Breakdown	%
Continuous Assessment	50.00%
Project	20.00%
Practical	30.00%

**Continuous Assessment**

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Other	Post Performance Player Feedback App - Self reflection - Including RPE/Training Load/Technical & Tactical proficiency rating to access: Player Development skills GENERIC - ball skills - Continuity - Defence POSITION specific - set - game awareness	1,2,3	30.00	Ongoing
Presentation	Drugs in Sport presentation on commonly abused substances and/or doping regulation. Approx 15 mins in duration	4	20.00	n/a

**Project**

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Project	Player Diary & World Rugby Passport	1,2,3	20.00	n/a

**Practical**

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	FITNESS RESULTS - TESTING eg: Yo Yo test/150m shuttle run - score -per position - 0-10speed -body fat Player Diary	2,3	30.00	Sem 1 End

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		
Workload Type	Frequency	Average Weekly Learner Workload
Lecture	12 Weeks per Stage	1.00
Practicals	12 Weeks per Stage	4.00
Independent Learning	15 Weeks per Stage	2.67
Lecture	12 Weeks per Stage	2.00
Total Hours		124.00

**Module Delivered In**

Programme Code	Programme	Semester	Delivery
CW_BBSMC_B	<a href="#">Bachelor of Arts (Honours) in Sport Management and Coaching</a>	3	Mandatory
CW_BBRUG_D	<a href="#">Bachelor of Arts in Sport Coaching and Business Management (Rugby)</a>	3	Mandatory