

PHIO H3159: Paediatric Strength and Conditioning

Language of Instruction: English Credits: 5 STEQ Level: 8 Module Delivered In 1 programme(s) Tacking & Learning Strategies: This module will be delivered with two theory hour (lecture) and one double hour practical class per week. Lectures will be taught using a combination of powerpoint presentations, and online media resources to provide them with a broad overview of the fundamental concepts and the science underpinning youth fitness and athletic development. Practical classes will be required to supplement taight lectures and practical classes with independent reaction gain creasers in the area of youth fitness, strength and conditioning. Self-directed eard online modes of delivery. Module Alm: To provide the student with a practical and theoretical scientific knowledge of the physiological, growth and maturation processes of the gatematic population. Design and implement age appropriate exercise in order to minimise injury risk, maximise training adaptations, and achieve long term athlefe/physical development targito and sports performance. On successful completion of this module the learner should be able to: 10 Discuss the fundamental concepts in paediatric with the impact of growth and maturation on physiological system, physical introps the provide sports performance. LO2 Demonstrate and competent youch fundamental movement skills with age appropriate exercises. L03 Formulate and implement safe, enjoyable, individualised an age-appropriate exercise training programme to develop and improve all components of youth	Module Title):		Paediatric Strength and Conditioning	
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PHIO H3159: Paediatric Strength and Conditioning

Module Content & Assessment

Indicative Content

Indicative Content

In the youth fitness population, maturity-associated variation occurs in growth and performance. Acute and chronic adaptations to exercise training in youth development of physical fitness qualities. Planning, monitoring and evaluating safe and age-appropriate exercise training programs based on the different long term athletic development (LTAD) models in the physical, psychological and emotional maturity in addition to the demands of the sport. Critically analysis the contemporary issues in the youth and paediatric population, including injury risk.

Assessment Breakdown	%
Continuous Assessment	50.00%
Practical	50.00%

Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date	
Presentation	n/a	1,4,5	25.00	n/a	
Essay	n/a	1,4,5	25.00	n/a	

No Project

Practical					
Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date	
Practical/Skills Evaluation	Competent coaching of real world applied learning youth programme.	2,3	50.00	n/a	
No End of Module Formal Examination					

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



PHIO H3159: Paediatric Strength and Conditioning

Module Workload

Workload: Full Time		
Workload Type	Frequency	Average Weekly Learner Workload
Independent Learning	15 Weeks per Stage	5.13
Practicals	12 Weeks per Stage	2.00
Lecture	12 Weeks per Stage	2.00
	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	
Discussion Note:	co-author Paul Byrne			