

Module Title:	Player Development 1 - Football
Language of Instruction:	English
Credits:	5
NFQ Level:	6
Module Delivered In	2 programme(s)
Teaching & Learning Strategies:	- Lectures - Discussion - Readings - Project work - Practicals
Module Aim:	Provide the learner with an opportunity to develop their understanding of 'Player Development' in a practical context from the perspective of the player with a focus on football specific fitness. Introduce learners to the structure and purpose of the FAI Grassroots dept. and investigate the role it plays in player development in Ireland.

Learning Outcomes	
On successful completion of this module the learner should be able to:	
LO1	Demonstrate an understanding of the structure and purpose of the FAI Grassroots Department and the role it plays in Player Development in Ireland.
LO2	Demonstrate an understanding of and individually develop Football specific fitness in relation to the 11v11 game (Endurance, Speed, Power, Agility).
LO3	Recommend and advise on the best nutritional practices and nutritional requirements for participation in competitive adult Football

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

Technical/ Tactical:

Develop understanding of key game principles: (Attacking, Defending, Transitions) from the perspective of individual, unit, team in reality based training sessions.

Football Fitness:

Develop and improve football specific fitness through pitch and gym based activities. (Endurance, Speed, Power, Agility). Undergo fitness testing and receive results and feedback on key individual improvement goals in relation to results. Introduction to gym based strength and conditioning programme.

FAI Grassroots:

Overview of the FAI Grassroots department - strategy, structure, staffing, purpose, partners, interdependencies. Specific detail on the programmes with the grassroots department within the FAI (Schools, Clubs, Intercultural, Disability etc.)

Sports Nutrition

Healthy balanced diet. Energy requirements and current practices of players. Food pyramid/plate. Basic nutrients. Assessment of diet. Timing of ingestion, Hydration/electrolyte balance, Carbohydrates, Fats, Protein, Vitamins and Minerals

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

Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Presentation	Group Presentation: (Approx 12mins) Grassroots Football in Ireland (FAI).	1	30.00	n/a

Project

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Project	Essay: (Approx 1200 words) Nutrition essay - advice/recommendations for the player on key aspects of nutrition (healthy balanced diet, macros, timing of ingestion, hydration etc)	3	20.00	n/a

Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Fitness Testing Protocol: (Approx 45mins) Complete a football specific fitness testing protocol from the perspective of the 'player'. Focusing on Football Specific Fitness.	1,2	50.00	n/a

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	1.00
Practicals	12 Weeks per Stage	4.00
Estimated Learner Hours	12 Weeks per Stage	5.42
Lecture	12 Weeks per Stage	2.00
Total Hours		149.00

Module Delivered In

Programme Code	Programme	Semester	Delivery
CW_BBSMC_B	Bachelor of Arts (Honours) in Sport Management and Coaching	1	Mandatory
CW_BBSOC_D	Bachelor of Arts in Sport Coaching and Business Management (Football)	1	Mandatory