Module Title:	Player Development 2 - 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 Individual Performance Planning. Introduce learners to the structure and purpose of the FAI High Performance dept. and consider how it functions in relation to other National bodies and sports.

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 High Performance Department and the role it plays in Player Development in Ireland.
LO2	Demonstrate the skills required to complete position specific player profiling and goalsetting with a focus on improving performance.

Pre-requisite learning
Module Recommendations   *This is prior learning (or a practical skill) that is recommended before enrolment in this module.*
No recommendations listed
Incompatible Modules   *These are modules which have learning outcomes that are too similar to the learning outcomes of this module.*
No incompatible modules listed
Co-requisite Modules
No Co-requisite modules listed
Requirements   *This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.*
No requirements listed

Module Content & Assessment

Indicative Content
Individual Performance Planning: Individual analysis of performance. Individual goal setting and mapping. Identifying super strengths. Modelling based on high performers.
FAI High Performance Programmes Overview of the FAI High Performance department - strategy, structure, staffing, purpose, partners, interdependencies. Specific detail on the programmes with the department within the FAI (ETB, CoEs, TY, Coach Education). Challenges within Irish football.
Technical/ Tactical: Develop understanding of key game principles: (Attacking, Defending, Transitions) from the persective 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.

Assessment Breakdown	%
Continuous Assessment	50.00%
Practical	50.00%

Continuous Assessment				
Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Presentation	Group Presentation: (Approx 22mins) High Performance Football systems - negotiated presentation topics.	1	50.00	n/a

No Project

Practical				
Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Mode A: Complete a player specific Individual Performance Plan (IPP). (Approx 1200 words) [Mode A: Student completes 50%+ of practical pitch based sessions in the semester] Mode B: Injury Rehab Written Report (Approx 1200 words) [Mode B: Student fails to complete 50%+ of the pitch based practicals within the semester]	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		
Workload Type	*Frequency*	*Average Weekly Learner Workload*
Lecture	12 Weeks per Stage	1.00
Practicals	12 Weeks per Stage	4.00
Estimated Learner Hours	12 Weeks per Stage	5.42
	Total Hours	125.00

Module Delivered In

Programme Code	Programme	Semester	Delivery
CW_BBSMC_B	Bachelor of Arts (Honours) in Sport Management and Coaching	2	Mandatory
CW_BBSOC_D	Bachelor of Arts in Sport Coaching and Business Management (Football)	2	Mandatory

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