

<b>Module Title:</b>	Strength and Conditioning: Applied Coaching 1
<b>Language of Instruction:</b>	English
<b>Credits:</b>	5
<b>NFQ Level:</b>	6
<b>Module Delivered In</b>	<a href="#">4 programme(s)</a>
<b>Teaching &amp; Learning Strategies:</b>	The module includes both large-group and small-group classes, alongside tutor-directed and self-directed independent student learning. The large group lecture classes will include interactive learning activities and formative assessment tasks such as discussions and quizzes. The small group practical classes will provide students with the opportunity to experience different types of exercise training and to develop the technical and communication skills required in coaching.
<b>Module Aim:</b>	The aim of this module is to enable students to develop their knowledge and understanding of the theory underpinning exercise training for the development of endurance, stability and muscular strength; and their skills in coaching these aspects of fitness for sport and health.
<b>Learning Outcomes</b>	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Explain the principles of exercise training and their application to sport- and health-related fitness.
LO2	Display skills in planning, demonstrating and coaching exercise sessions designed to develop endurance.
LO3	Display skills in planning, demonstrating and coaching exercise sessions designed to develop stability.
LO4	Display skills in planning, demonstrating and coaching exercise sessions designed to develop muscular strength.
<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

#### Theory: Exercise training

Concepts of physical activity, exercise and sport; role of exercise training in sports performance; role of exercise training in maintenance of physical and mental health; core principles of exercise training.

#### Theory and practice: Training for endurance

Defining endurance and metabolic conditioning; role of endurance in sports performance; role of endurance in health; measuring and monitoring exercise intensity; use of intensity zones in the development of endurance. Use of cardiovascular machines (e.g. treadmill, rower etc).

#### Theory and practice: Training for stability

Defining stability; role of stability in sports performance; role of stability in health; static exercises for stability in different postures; dynamic exercises for stability in different postures; exercise variations, adaptations and progressions.

#### Theory and practice: Training for muscular strength

Defining strength; role of muscular strength in sports performance; role of muscular strength in health; planes of movement; principles of movement; compound and isolation exercises for strength; exercise variations, adaptations and progressions. Use of resistance machines, free weights and a variety of gym equipment.

#### Coaching skills: Communication

Working with individuals and groups; verbal and non-verbal communication; demonstrations; exercise cues; use of feedback; listening skills.

#### Coaching Skills & Theory: Competence, Confidentiality & Health & Safety

Health screening (e.g. ACSM Screening Guidelines) and adherence to codes of ethical practice; safe use of equipment; safety of training environment; athlete- and client-appropriate exercise adaptations; exercise supervision and spotting, taking into account clients posture and movement skills to reduce the risk of unsafe exercise execution. Legal responsibilities of fitness instruction incorporating international, national and local procedures and best practice for screening, facility management, emergency procedures and insurance.

#### Coaching skills: Session design and Implementation

Function and structure of warm-ups; identification of session focus (single or multiple components of fitness); choice of exercises; sequencing of exercises; rest types and duration; session cool-downs and acute recovery. Demonstration of the importance of correct posture and body alignment and effective exercise technique demonstration

Assessment Breakdown	%
Continuous Assessment	50.00%
Practical	50.00%

### Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Portfolio	Portfolio of assessments such as multiple choice quizzes, exercise analyses and session plans.	1,2,3,4	50.00	n/a

No Project

### Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Evaluation of skills in planning, demonstrating and coaching exercises designed to develop strength, stability and endurance	1,2,3,4	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**

<b>Workload: Full Time</b>		
<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	2.00
Independent Learning Time	15 Weeks per Stage	5.93
Total Hours		125.00

**Module Delivered In**

Programme Code	Programme	Semester	Delivery
CW_SASPS_B	<a href="#">Bachelor of Science (Honours) in Sport and Exercise Science</a>	1	Mandatory
CW_SASRA_B	<a href="#">Bachelor of Science (Honours) in Sports Rehabilitation and Athletic Therapy</a>	1	Mandatory
CW_SASAC_B	<a href="#">Bachelor of Science (Honours) in Strength and Conditioning</a>	1	Mandatory
CW_SAPHS_C	<a href="#">Higher Certificate in Science in Physiology and Health Science</a>	1	Mandatory