

<b>Module Title:</b>	Strength and Conditioning Applied Coaching 3
<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>	This module will be taught in one theory class of one hour duration and a double hour practical per week. The theory class will include lecture, Q&A, group discussion, PowerPoint presentation and CR-Rom support where appropriate. The practical work will comprise demonstration and instruction in training methods to develop the various performance-related components of fitness. The primary focus however will be on developing students' practical skills and confidence in conducting training sessions. There will be a focus on developing and designing training methods with a sport-specific focus.
<b>Module Aim:</b>	To provide students with the ability to demonstrate and coach basic and applied resistance training exercises including olympic lifts in a safe and effective manner. In addition, the student will gain the scientific knowledge to design and implement sport specific conditioning programmes in relation to resistance training and olympic lifts. The demonstrating and coaching of these exercises will be in line with professional accreditations (ASCC from the UKSCA and the CSCS from the NSCA).
<b>Learning Outcomes</b>	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Demonstrate and coach advanced resistance training exercises.
LO2	Demonstrate and analyse Olympic lift technique and exercise variations.
LO3	Design and implement sport specific resistance training and olympic lifting programmes.
LO4	Demonstrate an understanding of the scientific principles of resistance training
<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>	
Successful completion of year 1 or equivalent	

## Module Content & Assessment

Indicative Content
<b>Olympic lifts</b> Teaching technique and progression.
<b>Resistance Training</b> Resistance training for specific sports. Exercise progressions to include intensity, volume and recovery variations.

Assessment Breakdown	%
Continuous Assessment	50.00%
Practical	50.00%

Continuous Assessment				
Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Other	Digital demonstration (video) of key auxiliary exercises.	1	20.00	n/a
Presentation	Group task presentation of a topic specific to the module	4	20.00	n/a
Essay	Critical review of the scientific principles underpinning an element of resistance/olympic lifting training.	3,4	10.00	n/a

No Project
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Practical				
Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Practical assessment	1,2	25.00	Sem 2 End
Practical/Skills Evaluation	Practical Assessment	1,2	25.00	Sem 2 End

No End of Module Formal Examination
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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
Laboratory	12 Weeks per Stage	2.00
Independent Learning	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>	4	Mandatory
CW_SASAC_B	<a href="#">Bachelor of Science (Honours) in Strength and Conditioning</a>	4	Mandatory