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| Module Title: | Periodisation 2 |
| Language of Instruction: | English |
| Credits: | 5 |
| NFQ Level: | 8 |
| Module Delivered In | 1 programme(s) |
| Teaching & Learning Strategies: | <p>This module will be taught in two 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 CD-Rom support where appropriate. The practical work will comprise demonstration and instruction in different training methods. Students will work in pairs and small groups in designing and implementing age-appropriate and sport-specific periodised strength and conditioning programmes. There will be a strong focus on peer review and independent learning, with students being expected to work with college sports teams and/or local school/club teams to apply the skills they have acquired in earlier years.</p> |
| Module Aim: | <p>This module aims develop the students knowledge and understanding of the various periodisation models. Students will apply the scientific knowledge to design, monitor and implement sport specific conditioning programmes. The demonstration and presentation of periodisation will be in line with professional accreditations (ASCC from the UKSCA and the CSCS from the NSCA)</p> |
| Learning Outcomes | |
| <i>On successful completion of this module the learner should be able to:</i> | |
| LO1 | Analyse and critically appraise the results of fitness tests in the design of appropriate and effective training programmes. |
| LO2 | Design, implement and critically evaluate sport specific, individual training programmes including an understanding of the various models to monitor training load. |
| LO3 | Compile a case study report that demonstrate and synthesise periodised strength & conditioning programmes. |
| LO4 | Display a thorough critical understanding of the principles and components that underpin training adaptations to strength and conditioning. |
| 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> | |
| Exercise and Fitness Instruction; Athletic Assessment and Monitoring; Principles of Strength and Conditioning; Strength and Conditioning; Functional Screening | |

Module Content & Assessment

Indicative Content

Theory

Training theory, principles of training, variables of training. Models of periodisation for a number of sports. Periodisation for specific training adaptations, strength, speed, agility, endurance. Designing micro, meso and macrocycle training plans. Methods of combining the various elements to achieve peak performance. Critical understand the importance of training load, wellness and fatigue monitoring as an integral component of periodisation.

Performance Fitness Testing & Data Analysis

Practical application to individuals, groups and teams. Critical analysis and interpretation of results. Design of age-specific and sport-specific training programmes

Strength & Conditioning

Practical application to groups and teams

Case Studies

Design of case study reports. Application of testing in designing appropriate periodised strength and conditioning programmes.

Assessment Breakdown

%

Continuous Assessment

30.00%

Project

70.00%

Continuous Assessment

| Assessment Type | Assessment Description | Outcome addressed | % of total | Assessment Date |
|-----------------|---------------------------------------------|-------------------|------------|-----------------|
| Presentation | Viva presentation of the case study project | 1,4 | 30.00 | n/a |

Project

| Assessment Type | Assessment Description | Outcome addressed | % of total | Assessment Date |
|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|------------|-----------------|
| Project | Compile a case study reports that demonstrate a synthesis and critical appraisal of screening, fitness testing design and implementation of periodised strength & conditioning program over 3 months. Formative feedback will be given at midpoint of the project. | 1,2,3,4 | 70.00 | n/a |

No Practical

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 | 2.00 |
| Laboratory | 12 Weeks per Stage | 2.00 |
| Estimated Learner Hours | 15 Weeks per Stage | 5.13 |
| Total Hours | | 125.00 |

Module Delivered In

| Programme Code | Programme | Semester | Delivery |
|----------------|----------------------------------------------------------------------------|----------|-----------|
| CW_SASAC_B | Bachelor of Science (Honours) in Strength and Conditioning | 8 | Mandatory |