

## ZPRG C3102: Advanced Rehabilitation and Performance Programming 2

NFQ Level:       8         Module Delivered In       1 programme(s)         Teaching & Learning Strategies:       This module will be taught in one hour theory class and a double hour practical per week. The theory class on developing students' knowledge and understanding key elements of the late stage rehabilitation and return to performance planning. The practical work will comprise of a mix of experiential learning, discussion, demonstration and flipped learning to develop the various performance-related components of strength and conditioning and critically evaluate the return to performance-related components of strength and conditioning and critically evaluate the return to performance-related components of athletes/ patients that are injured and/ or returning from injury criteria.         Module Aim:       This module provides an in-depth skills in the exercise based rehabilitation, which will include complex factors effecting performance and recovery, monitoring of athletes and dients, performance enhancement and advanced exercise late stage rehabilitation and return to performance enhancement and advanced exercise late stage rehabilitation and return to performance enhancement and advanced exercise late stage rehabilitation and return to performance criteria.         L01       Demonstrate the scientific principles underpinning the components of strength and conditioning in end stage rehabilitation from injury and preparing for re-introduction to performance settings.         L03       Demonstrate and critically analyse the late stage rehabilitation phase and return to performance criteria for specific injuries         Pre-requisite learning fris s prior learning (or a practical skill) that is recommended before enrolment in this module.       No incompatibl	Module Title:		Advanced Rehabilitation and Performance Programming 2				
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Teaching       This module will be taught in one hour theory class and a double hour practical per week. The theory class will include active learning, flipped learning, group discussion and lecture content. The primary focus will be on developing students' knowledge and understanding key elements to the late stage rehabilitation and return to performance-related components of strength and conditioning and critically evaluate the return to performance-related components of strength and conditioning and critically evaluate the return to performance-related components of strength and conditioning and critically evaluate the return to performance-related components of strength and conditioning and critically evaluate the return to performance related complex factors effecting performance and recovery, monitoring of athletes and clients, performance enhancement and advanced exercise late stage rehabilitation and return to performance criteria.         Module Aim:       This module provides an in-depth skills in the exercise based rehabilitation, which will include complex factors effecting performance and recovery, monitoring of athletes and clients, performance enhancement and advanced exercise late stage rehabilitation and return to performance criteria.         Learning Outcomes       On successful completion of this module the learner should be able to:         LO1       Demonstrate the scientific principles underpinning the components of strength and conditoning in end stage rehabilitation provides in training a patient/athete returning from injury and preparing for re-introduction to performance settings.         LO2       Critically analyse and appraise the various strength and conditioning training methods in training a patient/athete returning from injury and preparing for re-introduction to performance settings.	NFQ Level:	8					
Strategies:       will include active learning, fitpped learning, group discussion and lecture content. The primary focus will be on developing and understanding key elements of the late stage rehabilitation and return to performance planning. The practical work will comprise of a mix of experiential learning, discussion, demonstration and developing and enviroping strength and conditioning and critically evaluate the return to performance-related components of strength and conditioning and critically evaluate the return to performance-related components of strength and conditioning and ericitally evaluate the return to performance-related components of athletes/ patients that are injured and/ or returning from injury criteria.         Module Aim:       This module provides an in-depth skills in the exercise based rehabilitation, which will include complex factors effecting performance and recovery, monitoring of athletes and clients, performance enhancement and advanced exercise late stage rehabilitation and return to performance criteria.         Learning Outcomes       Image: Strength and conditioning and coaching.         Clo1       Demonstrate the scientific principles underpinning the components of strength and conditioning in end stage rehab through competent practical demonstration and coaching.         LO2       Critically analyse and appraise the various strength and conditioning training methods in training a patient/athete returning from injury and preparing for re-introduction to performance esitings.         LO3       Demonstrate and critically shally analyse the late stage rehabilitation phase and return to performance criteria for specific injuries         Tris is prior learning (or a practical skill) that is recommended before enrolment in this module.	Module Deli	Module Delivered In 1 programme(s)					
Strategies:       will include active learning, fitpped learning, group discussion and lecture content. The primary focus will be on developing and understanding key elements of the late stage rehabilitation and return to performance planning. The practical work will comprise of a mix of experiential learning, discussion, demonstration and developing and enviroping strength and conditioning and critically evaluate the return to performance-related components of strength and conditioning and critically evaluate the return to performance-related components of strength and conditioning and ericitally evaluate the return to performance-related components of athletes/ patients that are injured and/ or returning from injury criteria.         Module Aim:       This module provides an in-depth skills in the exercise based rehabilitation, which will include complex factors effecting performance and recovery, monitoring of athletes and clients, performance enhancement and advanced exercise late stage rehabilitation and return to performance criteria.         Learning Outcomes       Image: Strength and conditioning and coaching.         Clo1       Demonstrate the scientific principles underpinning the components of strength and conditioning in end stage rehab through competent practical demonstration and coaching.         LO2       Critically analyse and appraise the various strength and conditioning training methods in training a patient/athete returning from injury and preparing for re-introduction to performance esitings.         LO3       Demonstrate and critically shally analyse the late stage rehabilitation phase and return to performance criteria for specific injuries         Tris is prior learning (or a practical skill) that is recommended before enrolment in this module.							
factors effecting performance and recovery, monitoring of athletes and clients, performance enhancement and advanced exercise late stage rehabilitation and return to performance criteria.         Learning Outcomes         On successful completion of this module the learner should be able to:         L01       Demonstrate the scientific principles underpinning the components of strength and conditioning in end stage rehab through competent practical demonstration and coaching.         L02       Critically analyse and appraise the various strength and conditioning training methods in training a patient/athete returning from injury and preparing for re-introduction to performance settings.         L03       Demonstrate and critically analyse the late stage rehabilitation phase and return to performance criteria for specific injuries         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 listed         No incompatible modules listed         No Co-requisite modules listed         Requirements         Requirements         Requise modules listed         The is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.	Teaching & Learning Strategies:		will include active learning, flipped learning, group discussion and lecture content. The primary focus will be on developing students' knowledge and understanding key elements of the late stage rehabilitation and return to performance planning. The practical work will comprise of a mix of experiential learning, discussion, demonstration and flipped learning to develop the various performance-related components of strength and conditioning and critically evaluate the return to performance criteria for specific injuries. There will be a specific focus on developing and designing strength and conditioning programme's for those				
On successful completion of this module the learner should be able to:         L01       Demonstrate the scientific principles underpinning the components of strength and conditoning in end stage rehab through competent practical demonstration and coaching.         L02       Critically analyse and appraise the various strength and conditioning training methods in training a patient/athete returning from injury and preparing for re-introduction to performance settings.         L03       Demonstrate and critically analyse the late stage rehabilitation phase and return to performance criteria for specific injuries         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 listed         No incompatible modules listed         No Co-requisite modules listed         No Co-requisite modules listed         No Co-requisite modules listed         The si prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.	Module Aim:		factors effecting performance and recovery, monitoring of athletes and clients, performance enhancement				
LO1       Demonstrate the scientific principles underpinning the components of strength and conditoning in end stage rehab through competent practical demonstration and coaching.         LO2       Critically analyse and appraise the various strength and conditioning training methods in training a patient/athete returning from injury and preparing for re-introduction to performance settings.         LO3       Demonstrate and critically analyse the late stage rehabilitation phase and return to performance criteria for specific injuries         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 listed         No incompatible modules listed         No Co-requisite modules listed         Requirements         Requirements         This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.	Learning Ou	utcomes					
competent practical demonstration and coaching.         LO2       Critically analyse and appraise the various strength and conditioning training methods in training a patient/athete returning from injury and preparing for re-introduction to performance settings.         LO3       Demonstrate and critically analyse the late stage rehabilitation phase and return to performance criteria for specific injuries         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 listed         No Co-requisite modules listed         Requirements         Requirements         Trip learning (or a practical skill) that is mandatory before enrolment in this module is allowed.	On successf	ul completion of t	his module the learner should be able to:				
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Successful completion of year 2 or equivalent	Successful c	ompletion of year	2 or equivalent				



# ZPRG C3102: Advanced Rehabilitation and **Performance Programming 2**

## **Module Content & Assessment**

### Indicative Content

#### Strength and Conditioning

Resistance training for strength and conditioning purposes - advanced approaches to resistance training and analysis of resistance exercises to develop appropriate load technique for muscular development, performance, rehabilitation, and injury prevention.

#### **Technical Models**

Development and understanding of key components of technical models which guide exercise prescription

#### Periodisation

Design of preparatory, competitive and transition training programmes, practical application of programme design for specific sports, application of macro, meso and micro cycles, preparation for competition, peaking and tapering

Theory Develop and critically evaluate the return to performance criteria protocols associated to specific injuries, injury prevention strategy and monitoring.

Assessment Breakdown	%
Continuous Assessment	50.00%
Practical	50.00%

#### **Continuous Assessment** Assessment Assessment Description Outcome % of Assessment Туре addressed total Date Other Continuous assessment may include MCQ, assignments, project work, 1,2,3 50.00 n/a eportfolios, programme design.

### No Project

Practical							
Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date			
Practical/Skills Evaluation	Practical exam	1,3	50.00	n/a			

No End of Module Formal Examination

SETU Carlow Campus reserves the right to alter the nature and timings of assessment



## ZPRG C3102: Advanced Rehabilitation and Performance Programming 2

## Module Workload

Workload: Full Time		
Workload Type	Frequency	Average Weekly Learner Workload
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_SASRA_B	Bachelor of Science (Honours) in Sports Rehabilitation and Athletic Therapy	6	Mandatory				
Discussion Note: Co-author Damien Sheehan							