PLAN H3301: Applied Programme Planning

Module Title:	Applied Programme Planning
Language of Instruction:	English

Credits:	10

NFQ Level:	7

Module Delivered In	No Programmes

Teaching & Learning Strategies:	The learning outcomes detailed above will be achieved through the following teaching methodologies: Lectures – The lecturer will use a combination of lecture, Questions & Answers, group discussion, PowerPoint presentation and CD-Rom support where appropriate; Practicals – Students will work in pairs and small groups in conducting fitness tests with groups/teams and in designing age-appropriate and sport-specific strength and conditioning programmes; Problem Solving Exercises – Students will work as part of a team and will work together to resolve various tasks associated with fitness testing and strength and conditioning and how they relate to programme planning; Class Discussion/Debate - Students will be encouraged to actively participate in the class sessions which will develop their analytical and communication skills; E-Learning – The module will be supported with on-line learning materials through Blackboard; Self-Directed Independent Learning – There will be a strong emphasis on self-directed and independent learning which will develop autonomous work and learning practices.

Module Aim:	The aim of this module is to develop students' applied knowledge and understanding of fitness testing and strength and conditioning and the application of each of these disciplines to programme planning. Students will be expected to apply the skills and competencies that they have acquired in these areas in Years 1 & 2 in working with athletes and sports groups in different settings. Students will gain hands-on experience of how to assess and critically appraise sportspersons' readiness for training and, based on this information, to prescribe and formulate appropriate and effective training programmes to achieve optimum performance.

Learning Outcomes	
On successful completion of this module the learner should be able to:	
LO1	Accurately measure, record and interpret the results of sport and athlete specific physiological tests.
LO2	Analyse and critically appraise the results of fitness tests in the design of appropriate and effective training programmes.
LO3	Design and monitor the effectiveness of age-appropriate and sport-specific strength and conditioning programmes with groups and teams
LO4	Critically interpret fitness testing data against age-appropriate and sport-specific norms in the planning and periodisation of strength and conditioning programmes.

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.*
Applied Anatomy and Sports Physiology; Functional Screening and Fitness Testing; Strength and Conditioning

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Module Content & Assessment

Indicative Content
Fitness Testing Practical application to 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; Conduct age-specific and sport-specific strength & conditioning training sessions and programmes with groups and individuals (making links to functional screening and fitness testing)
Data Analysis & Programme Planning Interpretation fitness testing data against age-appropriate and sport-specific norms; Critical appraisal and application of data to programme planning
Periodisation History; Benefits to team sport athletes; Appropriate design of training programmes using periodisation principles.

Assessment Breakdown	%
Continuous Assessment	100.00%

Continuous Assessment

Assessment Type	*Assessment Description*	*Outcome addressed*	*% of total*	*Assessment Date*
Practical/Skills Evaluation	Practical exam on the selection, set up, administration and interpretation of results of a sport specific fitness testing battery.	1,2	40.00	Week 7
Project	Periodisation project: to include an age appropriate and sport-specific training and strength and conditioning programme for a team over a full season taking into account key periodisation principals	2,3,4	50.00	n/a
Presentation	A presentation outlining rationale behind periodisation programme	2,3,4	10.00	n/a

No Project

No Practical

No End of Module Formal Examination

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

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Module Workload

Workload: Full Time		
Workload Type	*Frequency*	*Average Weekly Learner Workload*
Lecture	30 Weeks per Stage	1.00
Practicals	30 Weeks per Stage	1.00
Independent Learning	30 Weeks per Stage	4.67
	Total Hours	200.00