

Module Title:	Coach Education 3 - GAA	
Language of Instruction:	English	
Credits:	10	
NFQ Level:	7	
Module Delivered In	No Programmes	
Teaching & Learning Strategies:	The learning outcomes detailed below will be achieved through the following teaching methodologies: Lectures – communication of knowledge and ideas from the lecturer to the students; Demonstrations – coaching demonstrations by lecturer; Peer teaching – practice at coaching by students with structured feedback from their peers; Problem solving exercises – students will work alone or as part of a team to address various coaching and performance analysis challenges; 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 by material from the GAA's learning and development portal; Self-directed independent learning will be emphasised and encouraged – reading by students, searching the web, looking for advice or help from others, attending lectures and workshops on coaching and related topics, seeking opportunities to practice coaching in settings outside the IT.	
Module Aim:	The aim of this module is to develop students' ability to coach each element of the GAA's total playing performance model to youth and adult Gaelic footballers and hurlers	
Learning Outcomes		
<i>On successful completion of this module the learner should be able to:</i>		
LO1	Use the six 'how to coach' skills to coach each element of the GAA's total playing performance model: technical proficiency, tactical prowess, team play, physical fitness, psychological focus and participant feedback, to youth and adult Gaelic footballers and hurlers.	
LO2	Evaluate their performance, and the performance of others, as coaches of each element of the GAA's total playing performance model, as the model applies to youth and adult Gaelic footballers and hurlers.	
LO3	Design programme plans appropriate for use in coaching each element of the GAA's total playing performance model, as the model applies to youth and adult Gaelic footballers and hurlers.	
LO4	Plan and coach GAA-related activities in ways that are at all times consistent with the guidelines in: 'Our Games – Our Code, the Joint Code of Best Practice in Youth Sport'.	
LO5	Collect and analyse GAA-specific data on tactical and technical aspects of sports performance, and justify the use of the analysis methods used.	
Pre-requisite learning		
Module Recommendations <i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i>		
6995	SPRT H2337	Coach Education 2 - GAA
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>		
Students must pass Coach Education 2 (GAA) to be able to register for Coach Education 3 (GAA)		

Module Content & Assessment

Indicative Content

GAA coach education structure

- GAA Coach education structure, process and award system • Mandatory coaching standards for GAA club and inter-county teams • The coaching environment

Role of the coach

- Roles and responsibilities of a GAA coach with particular emphasis on the needs of youth and adult Gaelic footballers and hurlers • Carrying out GAA-related activities consistent with the guidelines in: 'Our Games – Our Code, the Joint Code of Best Practice in Youth Sport'

The GAA total playing performance model

- The GAA total playing performance model as it applies to youth and adult Gaelic footballers and hurlers

The skills of coaching

- The I.D.E.A. method of coaching a skill • The six 'how to coach skills' • The skills of Gaelic football and hurling • Correcting errors in the execution of Gaelic football and hurling skills, with reference to players' head, hands and feet • The STEP method of varying coaching activities • Communication in coaching

Coaching technical proficiency

- Coaching technical proficiency to GAA youth and adult Gaelic footballers and hurlers

Coaching tactical prowess

- Coaching tactical prowess to GAA youth and adult Gaelic footballers and hurlers

Coaching team play

- Coaching team play to GAA youth and adult Gaelic footballers and hurlers

Coaching physical fitness

- Coaching physical fitness to GAA youth and adult Gaelic footballers and hurlers

Coaching psychological focus

- Coaching psychological focus to GAA youth and adult Gaelic footballers and hurlers

Coaching participant feedback

- Using participant feedback to complement the development of the other elements of the GAA total playing performance model in youth and adult Gaelic footballers and hurlers

Planning in coaching

- The importance of planning in coaching • Designing programme plans for coaching each element of the GAA's total playing performance model to youth and adult Gaelic footballers and hurlers

Evaluation in coaching

- The importance of evaluation in coaching • Evaluating the effectiveness of the coaching of each element of the GAA's total playing performance model, as the model applies to youth and adult Gaelic footballers and hurlers • Designing and implementing interventions to improve the effectiveness of the coaching of each element of the GAA's total playing performance model

Performance analysis

- Statistics for analysing sports performance data • Choosing the correct statistical technique • Integrating video recording spreadsheets and statistical techniques

Assessment Breakdown

	%
Continuous Assessment	45.00%
Project	25.00%
Practical	30.00%

Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Reflective Journal	Assessment of log book containing plans for practical coaching sessions undertaken, and also with reflections on, and evaluations of, own and other coaches' plans and practical sessions	1,2,3,4	45.00	n/a

Project

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Project	Assessment of written project on performance analysis topic	5	25.00	Sem 1 End

Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Assessment of planning and practical coaching abilities	1,3,4	30.00	Sem 1 End

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	30 Weeks per Stage	1.00
Practicals	30 Weeks per Stage	1.00
Estimated Learner Hours	30 Weeks per Stage	4.67
Total Hours		200.00

