

Module Title:	Player Development 1 - Rugby
Language of Instruction:	English
Credits:	10
NFQ Level:	6
Module Delivered In	No Programmes
Teaching & Learning Strategies:	The learning outcomes detailed above will be achieved through the following teaching methodologies: • Practical – Students will take part in lecture (Coach) lead practical rugby specific practical sessions on the pitch and in the gym • Lectures - communication of knowledge and ideas from the lecturer to the student. • Self-Directed Independent Learning – The emphasis on independent learning will allow the student(s) to gain an appreciation of the many facets to be considered by elite athletes.
Module Aim:	The aim of this module is to provide students with the knowledge & generic skills to enhance their tactical understanding, mental preparation and self-management and to introduce the individual skills to meet the demands of early stage 4 (LTPD) Rugby

Learning Outcomes	
On successful completion of this module the learner should be able to:	
LO1	Demonstrate improved generic & positional unit skills through Key Factor Analysis.
LO2	Demonstrate improved technical and tactical awareness and show improved decision making within the principles of General movement.
LO3	Demonstrate improved knowledge and understanding of principle of play within relevant units (Lineout, Scrum, Backline attack and Defence roles)
LO4	Show an improvement in rugby specific fitness components - Speed technique - Athletic Movement - General Fitness Conditioning - Weights - Functional Strength - General Strength Conditioning Demonstrated through attaining progressive fitness testing results and advancing weight training programs.
LO5	Develop and improve their knowledge and understanding of rugby specific fitness, fitness testing and how to improve key areas.
LO6	Demonstrate an improved understanding of the key components of off field player development. This will be facilitated through the production of an fitness logbook, devised for their fitness development as a rugby player. The following key elements of the off field player development will be included - Injury Prevention and management - Nutrition and Hydration - Sports Psychology/Goal Setting - Game preparation - Rest and Recovery strategies - Time Management
LO7	Demonstrate an understanding of the basic principles of Sports Nutrition for optimal performance
LO8	Develop an understanding of notational analysis of sports performance

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>
No requirements listed

Module Content & Assessment

Indicative Content

Rugby Generic

1. Performance profiling: Through questionnaires, checklists and reports. 2. Skill Development: The coaching process, model of a skilled performance, technique & skill. 3. Motivation & Goal Setting: Different types of motivation, setting SMART goals. 4. Key Factor Analysis: Analysis rationale, Key factor Analysis model. 5. Physical relaxation: Controlled breathing & Progressive Muscular Relaxation (PMR). 6. Injury Prevention & Management: Types of injury, Immediate treatment - RICE, Analysis - TOTAPS. 7. Time Management: Achieving a balance (work & personal time), developing personal schedules.

Technical

1. General Movement. 2. Key Factor Analysis of Individual skills. 3. Development of Individual skills. 4. Skills ; • Evasion • Handling • Tackling • Continuity • Kicking • Catching • Ground skills. 5. Development of Positional skills within Units: Lineout, Scrum, Backline Attack, Backline Defence. 6. Development of Specialist skills: Prop, Hooker, Locks, Backrow, Scrumhalf, Outhalf, Centre, Wing & Fullback.

Sports Nutrition

Healthy balanced diet. Energy requirements of athletes. Food pyramid/plate. Basic nutrients. Assessment of diet. Timing of ingestions, Hydration

Assessment Breakdown	%
Continuous Assessment	35.00%
Project	30.00%
Practical	35.00%

Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Other	Player Development skills GENERIC - ball skills - Continuity - Defence POSITION specific - set - game awareness Completion of Player Development log book.	1,2,3,6	35.00	n/a

Project

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Project	Attend a game related to students sport and present a project on notational analysis findings	8	15.00	n/a
Project	Sports Nutrition essay	6,7	15.00	n/a

Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	FITNESS RESULTS - TESTING eg: Yo Yo test/150m shuttle run - score -per position - 0-10speed -body fat Fitness Log Book	4,5,6	35.00	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	5.00
Estimated Learner Hours	30 Weeks per Stage	0.67
Total Hours		200.00

