

Module Title:	Player Development 2 - GAA
Language of Instruction:	English
Credits:	5
NFQ Level:	6
Module Delivered In	No Programmes
Teaching & Learning Strategies:	<ul style="list-style-type: none"> • Practical – Students will take part in lecture (Coach) lead practical sport 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 the GAA athlete.
Module Aim:	The aim of this module is to provide students with the knowledge and generic skills to enhance the 3T's (Technical, Tactical & Team Play) and the 2P's (Psychological and Performance Analysis) elements of their game as well as an introduction to self-management skills to meet the demands of the Train to Compete stage of Player Development
Learning Outcomes	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Demonstrate awareness of and be able to perform the technical proficiency of the Train to Win stage of the GAA's Long Term Player Development model
LO2	Implement their ability to alter the decision making process at the Train to Win level
LO3	Gather information on the opponents playing facts.
LO4	Discuss their comprehension of and ability to implement competitive strategies of team play and tactical plays associated with the Train to Win stage
LO5	Demonstrate the knowledge and capabilities to maximise individualised mental skills and routines
LO6	Formulate their understanding of the concepts of Fair Play, Lifestyle and Personal Development
LO7	Demonstrate an understanding of current Drug and Supplement use in the sporting environment.
LO8	Show an improvement in sport specific fitness components (Aerobic, Anaerobic, Speed, Agility, Balance, Co-ordination, Strength) demonstrated through attaining progressive fitness testing results
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

Technical

- Completion of the refinement of skills through consistent performance beyond conscious control

Tactical Prowess

- Altering decision making in real time to respond to oppositional, situational, environmental, and risk management factors

Team Play & Tactical Ploys

- Effective competition strategies to play to strengths and exploit weaknesses of opponents

Playing Facts

- Evaluation of all aspects of an opponents (individual and team) play in real time at an autonomous level

Psychological Focus

- Utilisation of well developed, refined and individualised mental skills and routines • Continuation of utilisation of self talk to create/maintain and enhance focus and thought control • Focusing/refocusing techniques to maintain attention on relevant performance cues • Coping strategies to address externally influencing factors (winning, losing, injury, media)

Fair Play, Lifestyle and Personal Development

- To have an understanding that players are role models and should act as such • Continually develop awareness and knowledge of lifestyle and performance factors • Maintenance of an appropriate life and sporting balance • Well developed self monitoring • Full integration of sport, career and life goals

Drug and Supplementation use

Drug regulation in sport: Irish sports council, WADA. History of doping. Drug testing protocol; players rights and obligations. Commonly used drugs and supplements in sports

Physical

Develop and improve sport specific fitness components through pitch and gym based activities. (Aerobic, Anaerobic, Speed, Agility, Balance, Co-ordination, Strength) • Undergo fitness testing and receive results and feedback on key individual improvement goals in relation to results. • Progression of gym based strength and conditioning programme

Assessment Breakdown	%
Continuous Assessment	50.00%
Practical	50.00%

Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Other	Participation in practical sessions	1,2,3,4,5,6,8	10.00	n/a
Project	Year 2: 1500 word essay (10%) and presentation (5%) on a broad based drugs in sport topic	7	15.00	n/a
Essay	Completion of Player Development essay totalling a minimum of 1,500 words	1,2,3,4,5,6,8	25.00	n/a

No Project

Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Practical assessment technical 12.5% tactical 12.5%, physical 12.5%, psychological 12.5%	1,2,3,4,5,6	50.00	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	2.67
Total Hours		260.00

