

Module Title:	Exercise & Fitness Instruction 2 (Speed & Plyometrics)
Language of Instruction:	English
Credits:	5
NFQ Level:	6
Module Delivered In	No Programmes
Teaching & Learning Strategies:	This module will be taught in one theory classes of one hour duration and two one hour practicals per week. The theory class will include lecture, Q&A, group discussion, PowerPoint presentation and CD-Rom support where appropriate. The Exercise and Fitness practical work will involve both master classes and student teaching. The primary focus will be on developing students' practical skills and confidence in exercise instruction and programme planning.
Module Aim:	To provide students with the scientific knowledge to formulate, conduct and critically analyse effective speed, agility & plyometric training programmes. Carried out in accordance with the long term pathway to enable athletes and players of all levels to achieve optimum performance. These programmes will be delivered in line with the professional accreditations (ASCC from the UKSCA and the CSCS from the NSCA)
Learning Outcomes	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Display a basic level of competency with regard to exercise demonstration and instruction in (i) Speed and Agility (ii) Plyometric training
LO2	Demonstrate and coach safe and effective plyometric drills and programmes.
LO3	Design and implement sport specific training drills to develop plyometrics, linear and multidirectional speed capabilities.
LO4	Understand the practical application of the scientific principles of training to programme design and progression
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>	
Successful completion of year 1 or equivalent	

Module Content & Assessment

Indicative Content

Exercise & Fitness Instruction

Instructional Skills in speed, agility and plyometric training including aspects relating to safety, technique, identification and correction of errors

Exercise & Fitness Instruction

Programme design and progression; considerations in planning a programme, criteria for monitoring and evaluating the success of a programme, integration with other components of fitness)

Assessment Breakdown	%
Continuous Assessment	50.00%
Practical	50.00%

Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Other	Assignment	3,4	25.00	n/a
Other	Assignment	3,4	25.00	n/a

No Project

Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Practical assessment	1,2	25.00	n/a
Practical/Skills Evaluation	Practical assessment	1,2	25.00	n/a

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	0.50
Laboratory	30 Weeks per Stage	1.00
Independent Learning	15 Weeks per Stage	2.00
Total Hours		75.00

