

Module Title:	Player Development 3 - Rugby
Language of Instruction:	English
Credits:	10
NFQ Level:	7
Module Delivered In	No Programmes
Teaching & Learning Strategies:	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	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Demonstrate improved technical proficiency and ability to analyze individual strengths and weaknesses through performance & player analysis
LO2	Further demonstrate improved technical and tactical awareness and show improved skill Development and decision making within the principles of General movement. Show improved decision making in games and game related activities.
LO3	Demonstrate improved knowledge and understanding of match and player analysis through 'statements of accounts, team, unit and player analysis and index of performance.
LO4	Show an improvement in - Speed technique - Speed - Athletic Movement - General Fitness Conditioning - Weights - Proficiency in Olympic lifts - 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 and carry out own reading and research into these areas
LO6	Apply an improved understanding of the key components of off field player development. This will be facilitated through the production of a 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/mental imagery - Game Analysis - Rest and Recovery strategies - Time Management & game logistics
LO7	Critically analyse data obtained and validate the reasons for the selection of the analysis methods used. Integrate the use of video recording spreadsheet and basic statistical techniques. Develop the skills and knowledge to perform within a sports performance analysis setting.

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

1. Rugby Generic

1. Performance profiling through questionnaires, checklists and reports. 2. Mental Imagery: Rationale, Types of imagery. 3. Learning Styles, Sensory Preferences, Multiple intelligences. 4. Anxiety & Arousal, Pre-match routines, the warm-up, Post-match routines. 5. Match Analysis: General requirements, purpose, intrinsic elements, gathering information, index of performance, levels of analysis, 'statement of accounts'. 6. '80-20 Principle', Considerations, Risk Analysis, Prioritising. Logistics of travel, special requirements, customs & culture, budgeting, equipment, medical back-up, jet-lag, early response sheet.

2. Technical

1. General Movement. 2. Functional Role Analysis. 3. The 'identities' of rugby & related Principles. 4. The 'identities' of rugby & related Functional Roles 'identities' • Phase play • Support play i. Attack & Defence 5. Development of Functional Roles within 'identities' - Units Lineout, Restarts, Scrum, Backline Attack, Backline Defence, Counter Attack. 6. Development of Specialist skills Prop, Hooker, Locks, Backrow, Scrumhalf, Outhalf, Centre, Wing & Fullback.

Assessment Breakdown	%
Continuous Assessment	50.00%
Project	25.00%
Practical	25.00%

Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Performance Evaluation	Player Development skills GENERIC - ball skills - Continuity - Defence POSITION specific - set - game awareness Completion of player development log book	1,2,3,6	50.00	n/a

Project

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Project	Present findings from a series of games using computerized presentation tools utilising research, statistics and video editors	7	25.00	n/a

Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	FITNESS RESULTS - TESTING eg 150m shuttle run - score -per position - 0-10speed -body fat; Fitness Log book	4,5,6	25.00	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	2.00
Practicals	30 Weeks per Stage	6.00
Independent Learning	30 Weeks per Stage	0.67
Total Hours		260.00

