

STGY: Injury Prevention and Recovery Strategies in Sport

Modulo Tittis:								
Oredits: 5 Credits: 5 NFQ Level: 6 Module Delivered In 8 programme(s) Teaching & Learning Strategies: The learning outcomes detailed above will be achieved through the following teaching methodologies: • Ledures - The lecturer will use a combination of lecture, Questions & Answers, group discussion, PowerPoint presentations and online quizzes where appropriate Practicals - Students will work in pairs and small groups on functional screening and recovery planning tasks - Probability Students will work individually and in small groups to resolve various tasks associated will interpretation of data in both theory and practical classes. • Class Discussion/Debate - Students will work independent Learning - The emphasis on independent Learning materials through Blackboard - Self-Directed Independent Learning - The emphasis on independent learning will develop a strong and autonomous work and learning practices. Module Alm: The main aim of this module is to provide an understanding of current injury prevention and recovery strategies used in elite sport. Learning Outcomes Consuccessful completion of this module the learner should be able to: LO1 Demonstrate an understanding of turcent injury prevention and recovery strategies employed in elite sporting environments Pre-requisite learning (or a practical skill) that is recommended before enrolment in this module. No recommendations Interpret learning outcomes that are too similar to the learning outcomes of this module. No recommendations listed Co-requisite Modules Requive	Module Title:			Injury Prevention and Recovery Strategies in Sport				
NFQ Level: 6 Module Delivered In § programme(s) Teaching & Learning Strategies: The learning outcomes detailed above will be achieved through the following teaching methodologies: • Lectures – The lecturer will use a combination of lecture, Questions & Answers, group discussion, PowerPoint presentations and online quizzes where appropriate. • Practicals – Sluchents will work in pairs and small groups on functional screening and recovery planning tasks - Problem Solving Exercises – Students will work individually and in small groups to resolve various tasks associated with interpretation of data in both theory and practical classes. • 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 with on-line learning materials through Blackboard • Self-Directed Independent Learning – The emphasis on independent learning will develop a strong and autonomous work and learning practices. Module Aim: The main aim of this module is to provide an understanding of current injury prevention and recovery strategies used in eilte sport. L01 Demonstrate an understanding of the concepts of basic functional movement screening L02 Administer a series of functional screening tests, recognise dysfunctional movement patterns, interpret findings and prescribe basic corrective exercise strategies L03 Demonstrate an understanding of current injury prevention and recovery strategies employed in elite sporting environments Pre-requisite learning This is prior learning (or a practical skill) that is recommended before enrolmen	Language of Instruction:		on:	English				
NFQ Level: 6 Module Delivered In § programme(s) Teaching & Learning Strategies: The learning outcomes detailed above will be achieved through the following teaching methodologies: • Lectures – The lecturer will use a combination of lecture, Questions & Answers, group discussion, PowerPoint presentations and online quizzes where appropriate. • Practicals – Sluchents will work in pairs and small groups on functional screening and recovery planning tasks - Problem Solving Exercises – Students will work individually and in small groups to resolve various tasks associated with interpretation of data in both theory and practical classes. • 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 with on-line learning materials through Blackboard • Self-Directed Independent Learning – The emphasis on independent learning will develop a strong and autonomous work and learning practices. Module Aim: The main aim of this module is to provide an understanding of current injury prevention and recovery strategies used in eilte sport. L01 Demonstrate an understanding of the concepts of basic functional movement screening L02 Administer a series of functional screening tests, recognise dysfunctional movement patterns, interpret findings and prescribe basic corrective exercise strategies L03 Demonstrate an understanding of current injury prevention and recovery strategies employed in elite sporting environments Pre-requisite learning This is prior learning (or a practical skill) that is recommended before enrolmen	Credits:		5					
Module Delivered In 6 programme(s) Teaching & Learning Strategies: The learning outcomes detailed above will be achieved through the following teaching methodologies: • Lectures — The lecturer will use a combination of lecture, Questions & Answers, group discussion, PowerPoint presentations and online quizzes where appropriate. • Practicals — Students will work in pairs and small groups on functional screening and recovery planning tasks - Problem Solving Exercises — DeverPoint presentations and online quizzes where appropriate the - Practicals — Students will be encouraged to data in both theory and practical classes. • Class Discussion/Debate - Students will be encouraged to data in both theory and practical classes. • Class Discussion/Debate - Students will be encouraged to data in both theory and practical classes. • Class Discussion/Debate - Students will be encouraged to data in both theory and practical classes. • Class Discussion/Debate - Students will be encouraged to and learning — The module will be supported with on-line learning materials through Blackboard • Self-Directed Learning — The module will be supported with on-line learning materials through Blackboard • Self-Directed and learning practices. Module Aim: The main aim of this module is to provide an understanding of current injury prevention and recovery strategies used in elite sport. LO1 Demonstrate an understanding of the concepts of basic functional movement screening LO2 Administer a series of functional screening tests, recognise dysfunctional movement patterns, interpret findings and prescribe basic corrective exercise strategies LO3 Demonstrate an understanding of current injury prevention and recovery strategies employed in elite sp								
Teaching Learning Tracephing Learning Strategies: The learning outcomes detailed above will be achieved through the following teaching methodologies: • Learning Duroges of functional screening and recovery planing tasks - Problem Solving Everycies – Strategies: Strategies: Work in theory and practical classes - Class Discussion/Debate - Students will work in pairs and small groups to resolve various tasks associated with interpretation of data in both theory and practical classes - 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 with on-line learning materials through Blackboard - Self-Directed Independent Learning - The emphasis on independent tearning will develop a strong and autonomous work and learning practices. Module Aim: The main aim of this module is to provide an understanding of current injury prevention and recovery strategies used in elite sport. Learning Demonstrate an understanding of the concepts of basic functional movement screening LO2 Administer a series of functional screening tests, recognise dysfunctional movement patterns, interpret findings and prescribe basic corrective exercise strategies LO3 Demonstrate an understanding of current injury prevention and recovery strategies employed in elite sporting environments Pre-requisite learning Module Recommendations This is prior learning (or	NFQ Level:		6					
Strategiës: Lectures - The lecturer will use a combination of lecture, Questions & Answers, group discussion, PowerPoint presentations and online quizzes where appropriate Practicals - Students will work individually and in small groups to revolve various tasks associated with interpretation of data in both theory and practical classes Class Discussion/Dehate - Students will be encouraged to actively participate in the class session which will develop their analytical modorm materials through Blackboard Self-Directed Independent Learning – The emphasis on independent learning materials through Blackboard Self-Directed Independent Learning practices. Module Aim: The main aim of this module is to provide an understanding of current injury prevention and recovery strategies used in elite sport. Learning Outcomes The main aim of this module be able to: LO1 Demonstrate an understanding of the concepts of basic functional movement screening LO2 Administer a series of functional screening tests, recognise dysfunctional movement patterns, interpret findings and prescribe basic corrective exercise strategies LO3 Demonstrate an understanding of current injury prevention and recovery strategies employed in elite sporting environments Pre-requisite learning Module Aim: No recommendations Independent Learning outcomes that are too similar to the learning outcomes of this module. No recommendations is modules listed Co-requisite Modules Requirements Module Aim No recommendations Fore ar	Module Deli	vered In		6 programme(s)				
Strategies used in elite sport. Strategies used in elite sport. Strategies used in elite sport. Learning Outcomes On successful completion of this module the learner should be able to: L01 Demonstrate an understanding of the concepts of basic functional movement screening L02 Administer a series of functional screening tests, recognise dysfunctional movement patterns, interpret findings and prescribe basic corrective exercise strategies L03 Demonstrate an understanding of current injury prevention and recovery strategies employed in elite sporting environments Pre-requisite learning Module Recommendations This is prior learning (or a practical skill) that is recommended before enrolment in this module. No recommendations listed Incompatible Modules These are modules listed Co-requisite modules listed Requirements No Co-requisite modules listed Requirements Requirements This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.				Lectures – The lecturer will use a combination of lecture, Questions & Answers, group discussion, PowerPoint presentations and online quizzes where appropriate. • Practicals – Students will work in pairs and small groups on functional screening and recovery planning tasks • Problem Solving Exercises – Students will work individually and in small groups to resolve various tasks associated with interpretation of data in both theory and practical classes. • 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 with on-line learning materials through Blackboard. • Self-Directed Independent Learning – The emphasis on independent learning will develop a strong and autonomous wor				
On successful completion of this module the learner should be able to: LO1 Demonstrate an understanding of the concepts of basic functional movement screening LO2 Administer a series of functional screening tests, recognise dysfunctional movement patterns, interpret findings and prescribe basic corrective exercise strategies LO3 Demonstrate an understanding of current injury prevention and recovery strategies employed in elite sporting environments Pre-requisite learning Module Recommendations This is prior learning (or a practical skill) that is recommended before enrolment in this module. No recommendations listed Incompatible Modules These are modules which have learning outcomes that are too similar to the learning outcomes of this module. No incompatible modules listed Co-requisite Modules No Co-requisite modules listed Requirements Requirements The se prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.	Module Aim:							
LO1 Demonstrate an understanding of the concepts of basic functional movement screening LO2 Administer a series of functional screening tests, recognise dysfunctional movement patterns, interpret findings and prescribe basic corrective exercise strategies LO3 Demonstrate an understanding of current injury prevention and recovery strategies employed in elite sporting environments Pre-requisite learning Module Recommendations This is prior learning (or a practical skill) that is recommended before enrolment in this module. No recommendations listed Incompatible Modules These are modules which have learning outcomes that are too similar to the learning outcomes of this module. No incompatible modules listed Co-requisite Modules No Co-requisite modules listed Requirements Requirements for a practical skill) that is mandatory before enrolment in this module is allowed.	Learning Ou	itcomes						
LO2 Administer a series of functional screening tests, recognise dysfunctional movement patterns, interpret findings and prescribe basic corrective exercise strategies LO3 Demonstrate an understanding of current injury prevention and recovery strategies employed in elite sporting environments Pre-requisite learning Module Recommendations This is prior learning (or a practical skill) that is recommended before enrolment in this module. No recommendations listed Incompatible Modules These are modules which have learning outcomes that are too similar to the learning outcomes of this module. No incompatible modules listed Co-requisite modules listed No Co-requisite modules listed Requirements This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.	On successfu	ul completio	on of tl	his module the learner should be able to:				
basic corrective exercise strategies LO3 Demonstrate an understanding of current injury prevention and recovery strategies employed in elite sporting environments Pre-requisite learning Module Recommendations This is prior learning (or a practical skill) that is recommended before enrolment in this module. No recommendations listed Incompatible Modules These are modules which have learning outcomes that are too similar to the learning outcomes of this module. No incompatible modules listed Co-requisite Modules No Co-requisite modules listed Requirements This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.	LO1	Demonstr	rate an	an understanding of the concepts of basic functional movement screening				
Pre-requisite learning Module Recommendations This is prior learning (or a practical skill) that is recommended before enrolment in this module. No recommendations listed Incompatible Modules These are modules which have learning outcomes that are too similar to the learning outcomes of this module. No incompatible modules listed Co-requisite Modules No Co-requisite modules listed Requirements This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.	LO2							
Module Recommendations This is prior learning (or a practical skill) that is recommended before enrolment in this module. No recommendations listed Incompatible Modules These are modules which have learning outcomes that are too similar to the learning outcomes of this module. No incompatible modules listed Co-requisite Modules No Co-requisite modules listed Requirements This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.	LO3	Demonstrate an		understanding of current injury prevention and recovery strategies employed in elite sporting environments				
This is prior learning (or a practical skill) that is recommended before enrolment in this module. No recommendations listed Incompatible Modules These are modules which have learning outcomes that are too similar to the learning outcomes of this module. No incompatible modules listed Co-requisite Modules No Co-requisite modules listed Requirements This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.	Pre-requisite learning							
Incompatible Modules These are modules which have learning outcomes that are too similar to the learning outcomes of this module. No incompatible modules listed Co-requisite Modules No Co-requisite modules listed Requirements This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.								
These are modules which have learning outcomes that are too similar to the learning outcomes of this module. No incompatible modules listed Co-requisite Modules No Co-requisite modules listed Requirements This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.	No recommendations listed							
Co-requisite Modules No Co-requisite modules listed Requirements This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.								
No Co-requisite modules listed Requirements This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.	No incompatible modules listed							
Requirements This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.	Co-requisite Modules							
This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.	No Co-requisite modules listed							
No requirements listed								
	No requireme	ents listed						



Module Content & Assessment

STGY: Injury Prevention and Recovery Strategies in Sport

Indicative Content Concepts of functional movement screening Administration of movement screening tests ; Use of screening tools; Recognition and understanding dysfunctional movement patterns and muscle imbalances; Basic corrective exercises – muscle recruitment, strengthening and stretching. Injury prevention strategies Introduction to Load Monitoring - GPS, RPE scale, Heart Rate, Pre-exercise physiological monitoring **Recovery strategies** Sleep, active recovery, compression, contrast bathing etc Assessment Breakdown % Continuous Assessment 20.00% Practical 80.00% **Continuous Assessment** Assessment Assessment Description Outcome % of Assessment Туре addressed total Date Other 20.00 Assignment : Corrective exercise plan, based on functional movement 1,2,3 Sem 1 End screen No Project Practical Assessment Type Assessment Description Outcome % of Assessment addressed total Date Practical/Skills Evaluation Functional movement screening practical exam 1,2,3 80.00 n/a No End of Module Formal Examination

SETU Carlow Campus reserves the right to alter the nature and timings of assessment



STGY: Injury Prevention and Recovery Strategies in Sport

Module Workload

Workload: Full Time						
Workload Type	Frequency	Average Weekly Learner Workload				
Lecture	Every Week	2.00				
Practicals	Every Week	1.00				
Independent Learning	Every Week	6.00				
	Total Hours	9.00				

Module Delivered In

Programme Code	Programme	Semester	Delivery
CW_BBSMC_B	Bachelor of Arts (Honours) in Sport Management and Coaching	3	Mandatory
CW_BBSOC_D	Bachelor of Arts in Sport Coaching and Business Management (Football)	3	Mandatory
CW_BBGAA_D	Bachelor of Arts in Sport Coaching and Business Management (GAA)	3	Mandatory
CW_BBRUG_D	Bachelor of Arts in Sport Coaching and Business Management (Rugby)	3	Mandatory
CW_BBSBC_D	Bachelor of Arts in Sport, Business and Coaching	3	Mandatory
CW_BBSBC_B	Bachelor or Arts (Honours) in Sport, Business and Coaching	3	Mandatory