

Module Title:	Player Development 3 - GAA	
Language of Instruction:	English	
Credits:	5	
NFQ Level:	6	
Module Delivered In	<a href="#">2 programme(s)</a>	
Teaching & Learning Strategies:	<ul style="list-style-type: none"><li>• Practical – Students will take part in lecture (Coach) lead practical sport specific practical sessions on the pitch and in the gym</li><li>• Lectures - communication of knowledge and ideas from the lecturer to the student. This may involve Q&amp;A, group discussion or powerpoint presentations and online learning support where appropriate.</li><li>• Problem solving exercises – students will work alone or as part of a team to address various playing and performance analysis challenges;</li><li>• 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 Gaelic Games athlete.</li></ul>	
Module Aim:	To provide students with the knowledge, skills and attributes to understand how to enhance their own individual performance in each area of the GAA's Player Pathway model to meet the demands of Gaelic Games as well as an introduction to Drugs in sport to safeguard players	
Learning Outcomes		
On successful completion of this module the learner should be able to:		
LO1	Display a basic level of proficiency in using screening tools to identify deficiencies in body movements, using the results to create a pre-habilitation plan.	
LO2	Demonstrate an understanding of how sports psychology can be used to help improve Gaelic Games performance.	
LO3	Demonstrate an understanding of current drug and supplement use in sport and of Irish and International regulations in this area	
Pre-requisite learning		
Module Recommendations		
This is prior learning (or a practical skill) that is recommended before enrolment in this module.		
8567	DEVL C1316	Player Development 1 - GAA
8575	DEVL C1321	Player Development 2 - GAA
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.		
No requirements listed		

## Module Content & Assessment

### Indicative Content

#### Physical Athletic Development

Develop knowledge and understanding of how to 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

#### Screening & pre-habilitation programming

Develop knowledge and understanding of how to perform a screening of Athletes and identify deficiencies. • Use the Gaelic Athletic Ability Assessment protocol and or other functional screening tools. • How to programme pre-habilitation and where and when it should be completed

#### Psychological Focus

• Utilisation of well developed, refined and individualised mental skills and routines • 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) • Imagery & Visualisation • Breathing • Utilising self talk to create/maintain and enhance focus and thought control - Dealing with distractions and negative thoughts • Long term performance and outcome goals to inform development • Individual performance routines and pre-competition preparation that is complimentary to team preparations • Imagery techniques to prepare for competition, different situations/problems and performance strategies • Arousal management techniques to optimise anxiety and relaxation • Development of personal responsibility through involvement in the decision making and planning process (commitment)

#### 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

Assessment Breakdown	%
Continuous Assessment	50.00%
Practical	50.00%

### Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Project	Group Project: 1,500 words: How sports psychology can be used to help enhance Gaelic Games performance before, during and after games.	2	30.00	n/a
Presentation	Drugs in Sport presentation on commonly abused substances and/or doping regulation. Approx 15 mins in duration	3	20.00	n/a

No Project

### Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Mode A: (Players able to participate in class activities) Complete a paired Athlete screening protocol. Create a semester plan to work on deficiencies identified. Use a weekly class log to capture all work completed to improve deficiencies to help improve performance. Mode B (Players Unable to participate in class activities) Complete a paired Athlete screening protocol on other athletes. Create a semester plan to work on deficiencies identified in other player. Create a rehabilitation programme for yourself. Use a weekly class log to capture all player development and rehabilitation work completed to regain full fitness and help improve performance.	1	50.00	n/a

No End of Module Formal Examination

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

**Module Workload**

<b>Workload: Full Time</b>		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	12 Weeks per Stage	1.50
Practicals	12 Weeks per Stage	3.00
Estimated Learner Hours	15 Weeks per Stage	4.73
Lecture	12 Weeks per Stage	2.00
Total Hours		149.00

**Module Delivered In**

Programme Code	Programme	Semester	Delivery
CW_BBSMC_B	<a href="#">Bachelor of Arts (Honours) in Sport Management and Coaching</a>	3	Mandatory
CW_BBGAA_D	<a href="#">Bachelor of Arts in Sport Coaching and Business Management (GAA)</a>	3	Mandatory