

<b>Module Title:</b>	Coach Education 3 Practical - Rugby
<b>Language of Instruction:</b>	English
<b>Credits:</b>	5
<b>NFQ Level:</b>	6
<b>Module Delivered In</b>	<a href="#">2 programme(s)</a>
<b>Teaching &amp; Learning Strategies:</b>	<ul style="list-style-type: none"> <li>• Practical – Students will take part in lecturer (Coach) lead practical rugby specific practical coaching sessions on the pitch and in the gym</li> <li>• Lectures - communication of knowledge and ideas from the lecturer to the student.</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 rugby coach.</li> </ul>
<b>Module Aim:</b>	The aim of this module is to provide students with the skills to coach 15-a-side (Stage 2 LTPD; Learn to Train Stage).
<b>Learning Outcomes</b>	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Discuss the practical characteristics & essences of Stage 2 rugby players, coaches and the game.
LO2	Will have the ability to plan individual training session themes & learning outcomes
LO3	Understanding of key principles & key factors for: Collective General Movement (Players near the ball & Players in the space) Unit Skills (backline attack; scrum; lineout) Reduced / Individual Skills (emphasis on safety re. contact skills)
LO4	Will understand the key tasks and principles for Scrum and Lineout and Restart, Defending and Backline attack
<b>Pre-requisite learning</b>	
<b>Module Recommendations</b>	
<i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i>	
No recommendations listed	
<b>Incompatible Modules</b>	
<i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i>	
No incompatible modules listed	
<b>Co-requisite Modules</b>	
No Co-requisite modules listed	
<b>Requirements</b>	
<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**
**Long Term Player Development Model**

Focus on Stage 2 The Young Player: Outline of Physical Literacy: Physical, emotional, psychological, social development. The Charter: Basic introduction to the ethos and principles of rugby union

**Planning a session:**

Planning, considerations, time, equipment, objectives, playing area Organisation & Management of a session: Layout, use of grids, organisation, management Practice session: Planning, considerations, organisation, management, conclusion/ conditioning, warm-up, playing area.

**Teaching Skills:**

Introduction, demonstration, practice, correction

**Role of the Coach:**

(including coach as referee) Philosophy, coaching style, responsibilities, requirements

**Skill Development**

• Individual skills: Passing (including decision making 2 v 1), catching, kicking, running, tackling (X3), falling in the tackle • Mini-unit skills: Ruck, Maul • Unit Skills: Scrum, L-O, kick-offs, Attack, Defence. • Team Skills: General Movement

Assessment Breakdown	%
Continuous Assessment	30.00%
Practical	35.00%
End of Module Formal Examination	35.00%

**Continuous Assessment**

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Other	Pre Task Planning for Workshops Participation in coaching workshops Reflective practice of Learnings	1,2,3,4	30.00	Every Week

No Project

**Practical**

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Coaching log book including practical coaching & reflection + assigned referee hours	1,2,3,4	35.00	Sem 2 End

**End of Module Formal Examination**

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Formal Exam	2.5hr exam	1,2,3,4	35.00	End-of-Semester

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	1.00
Practicals	12 Weeks per Stage	1.00
Independent Learning	15 Weeks per Stage	5.07
Total Hours		100.00

**Module Delivered In**

Programme Code	Programme	Semester	Delivery
CW_BBSMC_B	<a href="#">Bachelor of Arts (Honours) in Sport Management and Coaching</a>	4	Mandatory
CW_BBRUG_D	<a href="#">Bachelor of Arts in Sport Coaching and Business Management (Rugby)</a>	4	Mandatory