PROG: Advanced Rehabilitation and Performance Programming 2

Module Title:	Advanced Rehabilitation and Performance Programming 2
Language of Instruction:	English

Credits:	5

NFQ Level:	8

Module Delivered In	1 programme(s)

Teaching & Learning Strategies:	This module will be taught in one hour theory class and a double hour practical per week. The theory class will include active learning, flipped learning, group discussion and lecture content. The primary focus will be on developing students' knowledge and understanding key elements of the late stage rehabilitation and return to performance planning. The practical work will comprise of a mix of experiential learning, discussion, demonstration and flipped learning to develop the various performance-related components of strength and conditioning and critically evaluate the return to performance criteria for specific injuries. There will be a specific focus on developing and designing strength and conditioning programme's for those athletes/ patients that are injured and/ or returning from injury criteria.

Module Aim:	This module provides an in-depth skills in the exercise based rehabilitation, which will include complex factors effecting performance and recovery, monitoring of athletes and clients, performance enhancement and advanced exercise late stage rehabilitation and return to performance criteria.

Learning Outcomes	
On successful completion of this module the learner should be able to:	
LO1	Demonstrate the scientific principles underpinning the components of strength and conditoning in end stage rehab through competent practical demonstration and coaching.
LO2	Critically analyse and appraise the various strength and conditioning training methods in training a patient/athete returning from injury and preparing for re-introduction to performance settings.
LO3	Demonstrate and critically analyse the late stage rehabilitation phase and return to performance criteria for specific injuries

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.*
Successful completion of year 2 or equivalent

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Module Content & Assessment

Indicative Content
Strength and Conditioning Resistance training for strength and conditioning purposes - advanced approaches to resistance training and analysis of resistance exercises to develop appropriate load technique for muscular development,performance, rehabilitation, and injury prevention.
Technical Models Development and understanding of key components of technical models which guide exercise prescription
Periodisation Design of preparatory, competitive and transition training programmes, practical application of programme design for specific sports, application of macro, meso and micro cycles, preparation for competition, peaking and tapering
Theory Develop and critically evaluate the return to performance criteria protocols associated to specific injuries, injury prevention strategy and monitoring.

Assessment Breakdown	%
Continuous Assessment	50.00%
Practical	50.00%

Continuous Assessment

Assessment Type	*Assessment Description*	*Outcome addressed*	*% of total*	*Assessment Date*
Other	Continuous assessment may include MCQ, assignments, project work, eportfolios, programme design.	1,2,3	50.00	n/a

No Project

Practical

Assessment Type	*Assessment Description*	*Outcome addressed*	*% of total*	*Assessment Date*
Practical/Skills Evaluation	Practical exam	1,3	50.00	n/a

No End of Module Formal Examination

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

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Module Workload

Workload: Full Time		
Workload Type	*Frequency*	*Average Weekly Learner Workload*
Lecture	12 Weeks per Stage	1.00
Laboratory	12 Weeks per Stage	2.00
Independent Learning	15 Weeks per Stage	5.93
	Total Hours	125.00

Module Delivered In

Programme Code	Programme	Semester	Delivery
CW_SASRA_B	Bachelor of Science (Honours) in Sports Rehabilitation and Athletic Therapy	6	Mandatory

Discussion Note:	Co-author Damien Sheehan