

<b>Module Title:</b>	Player Development 3 - Football
<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>	- Lectures - Discussion - Readings - Project work - Practicals
<b>Module Aim:</b>	Provide the learner with an opportunity to develop their understanding of 'Player Development' in a practical context from the perspective of the player with a focus on planning a phase of training to improve physically. And develop knowledge and understanding of current modern trends in Player Development and Player Development systems.

Learning Outcomes	
On successful completion of this module the learner should be able to:	
LO1	Demonstrate an understanding of current modern trends in relation to Player Development Systems (SMTD, LTAD, LISPA)
LO2	Demonstrate an understanding of and individually develop Football specific fitness in relation to the pre-season phase of training.
LO3	Demonstrate an understanding of current drug and supplement use in sport and of Irish and International regulations in this area.

Pre-requisite learning	
<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

#### Player Development Systems:

Standard Model of Talent Development (SMTD). LISPA. Long Term Athlete Development. Current Trends.

#### Football Fitness:

Prehab and Activation. Matchday and training preparation and readiness. Joint specific awareness and mobility. Training phases and football specific fitness.

#### Doping Regulation.

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

#### Technical/ Tactical:

Develop understanding of key game principles: (Attacking, Defending, Transitions) from the perspective of individual, unit, team in reality based training sessions.

Assessment Breakdown	%
Continuous Assessment	30.00%
Project	20.00%
Practical	50.00%

### Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Multiple Choice Questions	MCQ: Player Development Systems - current trends.	1	30.00	n/a
Presentation	Presentation: (Approx 15mins) Drugs in Sport presentation on commonly abused substances and/or doping regulation.	3	20.00	n/a

No Project

### Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Training Plan: (Approx 1500 words) Design, complete and review a personalised training plan from baseline fitness testing. Focusing on Football Specific Fitness.	2	35.00	n/a
Practical/Skills Evaluation	Group Practical: (Approx 20mins) Prehab Session (15%): Design and deliver a prehab programme focusing on given specific joints/ joint groups.	1,2	15.00	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	1.00
Practicals	12 Weeks per Stage	4.00
Estimated Learner Hours	12 Weeks per Stage	5.42
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_BBSOC_D	<a href="#">Bachelor of Arts in Sport Coaching and Business Management (Football)</a>	3	Mandatory