

Module Title:	Strength and Conditioning for Older Adults
Language of Instruction:	English
Credits:	5
NFQ Level:	8
Module Delivered In	1 programme(s)
Teaching & Learning Strategies:	Students will be taught using a combination of lectures, interactive Q&A, group discussion, peer learning activities and practical strength and conditioning sessions. The practical classes will provide students with the opportunity to develop their programme planning, design and hands-on implementation skills in strength and conditioning for older adults. The module will also include a significant contribution of independent learning which will involve reflective practice, self-assessment, preparation for classes, review of class materials, independent reading and research in the area to support their continuing professional development.
Module Aim:	To develop students' knowledge and understanding of the physiology of ageing and the potentially prophylactic role of physical activity and exercise on ameliorating the effects of the ageing process, and to enhance their ability to design and implement safe and effective exercise programmes for older adults.
Learning Outcomes	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Explore the physiology of ageing and the physiological adaptations to exercise training in older adults
LO2	Critically review the role of exercise, functional fitness and a physically active lifestyle in disease prevention, health promotion and quality of life in older adults with and without chronic disease/disease risk factors
LO3	Design and implement safe and effective exercise programmes for older adults, to include appropriate screening, testing and coaching to meet individual needs, abilities and limitations
Pre-requisite learning	
Module Recommendations	
<i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i>	
No recommendations listed	
Incompatible Modules	
<i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i>	
No incompatible modules listed	
Co-requisite Modules	
No Co-requisite modules listed	
Requirements	
<i>This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.</i>	
Successful completion of year 2 or equivalent	

Module Content & Assessment

Indicative Content

Theory/Practical 1.1

Age-related changes in the physiological systems of the body

Theory/Practical 1.2

Benefits of a physically active lifestyle, resistance-based and aerobic exercise in older adults

Theory/Practical 1.3

Acute responses and chronic adaptations to resistance-based and aerobic exercise training in older adults

Theory/Practical 1.4

Screening, fitness testing and coaching older adults

Theory/Practical 1.5

Design and implementation of safe and effective exercise programmes to improve functional strength and fitness and quality of life in older adults

Assessment Breakdown	%
Continuous Assessment	60.00%
Practical	40.00%

Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Other	Project and/or Powerpoint presentation	1,2,3	60.00	n/a

No Project

Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Practical assessment	3	40.00	n/a

No End of Module Formal Examination

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

Module Workload

Workload: Full Time		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	12 Weeks per Stage	2.00
Practicals	12 Weeks per Stage	2.00
Independent Learning	15 Weeks per Stage	5.13
Total Hours		125.00

Module Delivered In

Programme Code	Programme	Semester	Delivery
CW_SASAC_B	Bachelor of Science (Honours) in Strength and Conditioning	5	Mandatory