

Module Title:	Human Performance and Athletic Assessment
Language of Instruction:	English
Credits:	5
NFQ Level:	8
Module Delivered In	No Programmes
Teaching & Learning Strategies:	This module will be delivered in two one-hour lectures and one two-hour practical per week for 15 weeks. Test protocols and related knowledge discussed in the lectures shall be implemented during the practical classes. Any course-related issue or questions that may arise will be discussed at lectures. Course lecture summaries, course calendar, announcements and other course-related material will be available on Blackboard, a virtual learning environment. Students can contact lecturer outside of class hours to discuss formative feedback given on written reports and group project work. The practical component will allow students to develop problem solving abilities and group skills and promote deep learning via investigation of a problem, application of prior knowledge and analysis of results thus generating new knowledge.
Module Aim:	This module aims to develop the student's knowledge and practical skills to critically assess physiological and biomechanical information in terms of human performance and health.
Learning Outcomes	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Perform incremental lactate threshold tests and determine the ventilatory threshold from a maximal cardiopulmonary test on an athlete.
LO2	Conduct various strength and power test protocols on a force plate and analyse the force time data.
LO3	Perform a incremental maximal cardiopulmonary exercise test on a variety of ergometers.
LO4	Perform a variety of field based sports tests to assess speed, agility and power.
LO5	Design and perform a new test protocol and write-up a report communicating the findings and analysis.
LO6	Communicate findings of a test protocol with respective recommendations.
LO7	Critically analyse physiological and biomechanical protocols and explain their practical application in terms of sport and exercise.
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 3 or equivalent	

Module Content & Assessment

Indicative Content

Theory/Practical

Theory: 1. Benefits of testing human performance in sport and exercise 2. Test preparation of the subject 3. Test validity and reliability 4. Test protocols 5. Interpretation of test results 6. Use of normative data 7. Provision of recommendations Practical: 1. Blood lactate testing 2. Isokinetic assessment 3. Strength assessment 4. Power assessment 5. Speed and agility 6. Wingate test 7. Aerobic endurance tests

Assessment Breakdown	%
Continuous Assessment	10.00%
Practical	50.00%
End of Module Formal Examination	40.00%

Special Regulation

Students must achieve a minimum grade (35%) in both the practical/CA and final examination.

Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Perform a laboratory based protocol during class time to assess health, safety and organisational skills.	1,2,3,4	10.00	Week 6

No Project

Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	A report (Maximum of 3500 words) on the results, analysis, interpretation and practical application of the findings of a implemented test protocol.	5,6	50.00	Week 12

End of Module Formal Examination

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Formal Exam	A two hour exam covering all aspects in the theory and practical work.	7	40.00	End-of-Semester

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	30 Weeks per Stage	1.00
Laboratory	30 Weeks per Stage	1.00
Estimated Learner Hours	30 Weeks per Stage	2.33
Total Hours		130.00

