

<b>Module Title:</b>	Functional Screening & Fitness Testing
<b>Language of Instruction:</b>	English
<b>Credits:</b>	5
<b>NFQ Level:</b>	6
<b>Module Delivered In</b>	No Programmes
<b>Teaching &amp; Learning Strategies:</b>	<p>The learning outcomes detailed above will be achieved through the following teaching methodologies:</p> <ul style="list-style-type: none"> <li>• Lectures – The lecturer will use a combination of lecture, Questions &amp; Answers, group discussion, PowerPoint presentation and CD-Rom support where appropriate.</li> <li>• Practicals – Students will work in pairs and small groups on functional screening and fitness assessment tasks</li> <li>• Problem Solving Exercises – Students will work as part of a team and will work together to resolve various tasks associated with interpretation of data in both theory and practical classes.</li> <li>• Class Discussion/Debate - Students will be encouraged to actively participate in the class sessions which will develop their analytical and communication skills.</li> <li>• E-Learning – The module will be supported with on-line learning materials through Blackboard.</li> <li>• Self-Directed Independent Learning – The emphasis on independent learning will develop a strong and autonomous work and learning practices.</li> </ul>
<b>Module Aim:</b>	<p>To provide science students with the knowledge to select, record and interpret the appropriate physiological test/s for the respective sports person. In addition, the aim is to develop the students' practical skills in conducting a variety of physiological tests. To provide the students with the knowledge to understand, administer and interpret basic functional movement screening tools and to prescribe basic corrective exercises based on findings.</p>
<b>Learning Outcomes</b>	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Accurately measure, record and interpret the result of a number of physiological measurements.
LO2	Appraise and select appropriate physiological tests for a variety of sports.
LO3	Understand the concepts of basic functional movement screening
LO4	Administer a series of functional screening tests, recognise dysfunctional movement patterns and interpret findings
LO5	Prescribe and demonstrate basic corrective exercise strategies
<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**

**Concepts of functional movement screening**

Administration of movement screening tests ; Use of screening tools; Recognition and understanding dysfunctional movement patterns and muscle imbalances; Basic corrective exercises – muscle recruitment, strengthening and stretching;

**Fitness Testing**

Screening procedures and practices; Procedural and safety issues; Measurement of anthropometrics, power, strength, reactive agility, local muscle endurance, aerobic/anaerobic endurance, acceleration and maximum speed.

<b>Assessment Breakdown</b>	<b>%</b>
Continuous Assessment	20.00%
Practical	80.00%

**Continuous Assessment**

<i>Assessment Type</i>	<i>Assessment Description</i>	<i>Outcome addressed</i>	<i>% of total</i>	<i>Assessment Date</i>
Other	Assignment : Corrective exercise plan, based on functional movement screen	3,4,5	20.00	Sem 1 End

No Project

**Practical**

<i>Assessment Type</i>	<i>Assessment Description</i>	<i>Outcome addressed</i>	<i>% of total</i>	<i>Assessment Date</i>
Practical/Skills Evaluation	Presentation on current fitness testing methods applied to various sports.	1,2	30.00	Sem 1 End
Practical/Skills Evaluation	Functional movement screening practical exam	3,4,5	50.00	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	30 Weeks per Stage	1.00
Estimated Learner Hours	15 Weeks per Stage	3.67
Practicals	30 Weeks per Stage	0.50
Total Hours		100.00

