

<b>Module Title:</b>	Player Development 2 - Rugby
<b>Language of Instruction:</b>	English
<b>Credits:</b>	10
<b>NFQ Level:</b>	6
<b>Module Delivered In</b>	No Programmes
<b>Teaching &amp; Learning Strategies:</b>	The learning outcomes detailed above will be achieved through the following teaching methodologies: • Practical – Students will take part in lecture (Coach) lead practical rugby specific practical sessions on the pitch and in the gym • Lectures - communication of knowledge and ideas from the lecturer to the student. • Self-Directed Independent Learning – The emphasis on independent learning will allow the student(s) to gain an appreciation of the many facets to be considered by elite athletes.
<b>Module Aim:</b>	The aim of this module is to provide students with the knowledge & generic skills to enhance their tactical understanding, mental preparation and self-management and to introduce the individual skills to meet the demands of early stage 4 (LTPD) Rugby
<b>Learning Outcomes</b>	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Demonstrate improved generic & positional unit skills through Key Factor Analysis.
LO2	Demonstrate improved technical and tactical awareness and show improved decision making within the principles of General movement.
LO3	Demonstrate improved knowledge and understanding of principle of play within relevant units (Lineout, Scrum, Backline attack and Defence roles)
LO4	Show an improvement in - Speed technique - Speed - Athletic Movement - General Fitness Conditioning - Weights - Components of Olympic lifts - Functional Strength - General Strength Conditioning Demonstrated through attaining progressive fitness testing results and advancing weight training programs
LO5	Develop and improve their knowledge and understanding of rugby specific fitness, fitness testing and how to improve key areas.
LO6	Demonstrate an improved understanding of the key components of off field player development. This will be facilitated through the production of a fitness logbook, devised for their fitness development as a rugby player. The following key elements of the off field player development will be included - Injury Prevention and management - Nutrition and Hydration - Sports Psychology/Goal Setting - Game preparation - Rest and Recovery strategies - Time Management
LO7	Demonstrate an understanding of current Drug and Supplement use in the sporting environment
LO8	Demonstrate an understanding of the concepts underlying computerised performance analysis. Develop Key Performance Indicators associated with tactical aspects sports performance analysis and collect appropriate data over a campaign or series of games
<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

#### Rugby Generic

1. Performance profiling through questionnaires, checklists and reports 2. Skill Development: the 'FLOW' experience, phases of development, approaches to skill development 3. Pre-match routines: Anxiety & Arousal, Pre-match routines, the warm-up, Post-match routines 4. Functional role Analysis identities' of rugby and related principles & functional roles 5. Mental relaxation Rationale, applications & Mental relaxation programme 6. Concentration skills Rationale, Segmenting, Primary & secondary roles, developing strategies for 'mood words'

#### Technical

1. General Movement 2. Key Factor Analysis of Individual skills 3. Development of Individual skills a. Evasion b. Handling c. Tackling d. Continuity e. Decision Making f. Ground skills 4. Development of Positional skills within Units:

#### Drug and Supplementation use

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.

#### Rugby Analysis

Introduce students to applied computerised performance analysis. Students will be expected to engage in the process and become competent using Sportstec products, different techniques, identify Performance Indicators and be able to analyse a team over a campaign or series of games.

Assessment Breakdown	%
Continuous Assessment	35.00%
Project	35.00%
Practical	30.00%

### Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Other	Player Development skills GENERIC - ball skills - Continuity - Defence POSITION specific - set - game awareness Completion of player development log book proposal, log book and 4 written submissions:40%	1,2,3,6	35.00	n/a

### Project

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Project	1500 word essay (10%) and presentation (5%) on a broad based drugs in sport topic	6,7	15.00	n/a
Project	Present findings from the team campaign or series of games	8	20.00	n/a

### Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	FITNESS RESULTS - TESTING eg 150m shuttle run - score -per position - 0-10speed -body fat Fitness Log Book	4,5,6	30.00	Sem 1 End

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	2.00
Practicals	30 Weeks per Stage	4.00
Estimated Learner Hours	30 Weeks per Stage	0.67
Total Hours		200.00

