

<b>Module Title:</b>	Strength and Conditioning
<b>Language of Instruction:</b>	English

<b>Credits:</b>	5
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<b>NFQ Level:</b>	6
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<b>Module Delivered In</b>	<a href="#">5 programme(s)</a>
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<b>Teaching &amp; Learning Strategies:</b>	This module will be taught in one theory class of one hour duration and a double hour practical per week. The theory class will include lecture, Q&A, group discussion, case studies, PowerPoint presentations, self directed learning and e-learning where appropriate. The practical work will comprise demonstration and instruction in training methods to develop the various performance-related components of fitness. The primary focus however will be on developing students' practical coaching skills and confidence in conducting training drills
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<b>Module Aim:</b>	The aim of this module is to provide students with a scientific understanding of key strength and conditioning concepts and methods currently used in sport
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**Learning Outcomes**

*On successful completion of this module the learner should be able to:*

LO1	Apply and analyse training drills to develop the performance-related components of fitness and demonstrate an understanding of the scientific principles underpinning such training
LO2	Develop the appropriate coaching and instructional use of resistance training to develop muscular strength, power and muscular endurance
LO3	Demonstrate an understanding of and apply advanced strength and conditioning concepts e.g. Olympic Lifting, PAP, Plyometrics, HIIT, Training running mechanics etc

**Pre-requisite learning**

**Module Recommendations**  
*This is prior learning (or a practical skill) that is recommended before enrolment in this module.*

No recommendations listed

**Incompatible Modules**  
*These are modules which have learning outcomes that are too similar to the learning outcomes of this module.*

No incompatible modules listed

**Co-requisite Modules**

No Co-requisite modules listed

**Requirements**  
*This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.*

No requirements listed

**Module Content & Assessment**

**Indicative Content**

**Resistance Training:**

(i) biomechanical principles of resistance training – joint loading, system loading, forces, centre of gravity; analysis of resistance exercises to develop appropriate load technique and load for muscular development and rehabilitation. (ii) resistance training for specific sports; (iii) Olympic lifts – teaching technique and progression

**Plyometrics :**

scientific principles of plyometric training (stretch shortening cycle), basic plyometric exercises, medicine ball drills, sport-specific plyometric drills, safety considerations, designing plyometric programmes

**Speed/Agility/Quickness (SAQ):**

science and application of SAQ training, sprint training, acceleration/deceleration, reaction/quickness training, application of SAQ principles to different sports

**Endurance training :**

review and conduct training methods for aerobic and anaerobic endurance training and lactate threshold training

**Assessment Breakdown**

	%
Practical	50.00%
End of Module Formal Examination	50.00%

No Continuous Assessment

No Project

**Practical**

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	A practical exam will assess the students practical application of Strength and Conditioning concepts	1,2,3	50.00	Sem 1 End

**End of Module Formal Examination**

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Formal Exam	A two hour terminal exam will be held at the end of the year	1,2,3	50.00	End-of-Semester

**ITCarlow 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	Every Week	1.00
Practicals	Every Week	2.00
Independent Learning	Every Week	6.00
	Total Hours	9.00

**Module Delivered In**

<b>Programme Code</b>	<b>Programme</b>	<b>Semester</b>	<b>Delivery</b>
CW_BBSMC_B	<a href="#"><u>Bachelor of Arts (Honours) in Sport Management and Coaching</u></a>	4	Mandatory
CW_BBSOC_D	<a href="#"><u>Bachelor of Arts in Sport Coaching and Business Management (Football)</u></a>	4	Mandatory
CW_BBGAA_D	<a href="#"><u>Bachelor of Arts in Sport Coaching and Business Management (GAA)</u></a>	4	Mandatory
CW_BBRUG_D	<a href="#"><u>Bachelor of Arts in Sport Coaching and Business Management (Rugby)</u></a>	4	Mandatory
CW_BBSBC_D	<a href="#"><u>Bachelor of Arts in Sport, Business and Coaching</u></a>	4	Mandatory