

Module Title:	Fitness Testing and Load Monitoring in Sport
Language of Instruction:	English
Credits:	5
NFQ Level:	7
Module Delivered In	6 programme(s)
Teaching & Learning Strategies:	<p>The learning outcomes detailed above will be achieved through the following teaching methodologies:</p> <p>Lectures – The lecturer will use a combination of lecture, Questions & Answers, group discussion and PowerPoint presentations where appropriate; Practicals – Students will work in pairs and small groups in conducting fitness tests with groups/teams and in designing age-appropriate and sport-specific strength and conditioning programmes; Problem Solving Exercises – Students will work as part of a team and will work together to resolve various tasks associated with fitness testing and load monitoring and how they relate to programme planning; Class Discussion/Debate – Students will be encouraged to actively participate in the class sessions which will develop their analytical and communication skills; E-Learning – The module will be supported with on-line learning materials through Blackboard; Self-Directed Independent Learning – There will be a strong emphasis on self-directed and independent learning which will develop autonomous work and learning practices.</p>
Module Aim:	<p>The aim of this module is to develop students' applied knowledge and understanding of fitness testing and load monitoring and the application of each of these disciplines to basic programme planning. Students will be expected to apply the skills and competencies that they have acquired in these areas in Years 1 & 2. Students will gain hands-on experience of how to assess and critically appraise sportspersons' readiness for training and, based on this information, to prescribe and formulate appropriate and effective training programmes to achieve optimum performance.</p>
Learning Outcomes	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Accurately measure, record and interpret the results of sport and athlete specific physiological tests.
LO2	Critically interpret fitness testing data against age-appropriate and sport-specific norms in the planning and periodisation of strength and conditioning programmes.
LO3	Accurately measure and critically interpret GPS and other load monitoring data from athletic populations
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>	
No requirements listed	

Module Content & Assessment

Indicative Content

Fitness Testing

Practical application to groups and teams; Critical analysis and interpretation of results; Design of age-specific and sport-specific strength and conditioning training programmes

Data Analysis & Programme Planning

Interpretation of fitness testing data against age-appropriate and sport-specific norms; Critical appraisal and application of data to programme planning

Load Monitoring

Use of GPS technology, RPE in sport. Analysis of load monitoring data to determine volume/intensities of training/matches and athletes preparedness to play,

Assessment Breakdown

%

Continuous Assessment

100.00%

Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Practical exam on the selection, set up, administration and interpretation of results of a sport specific fitness testing battery.	1	30.00	n/a
Case Studies	Written exam on the interpretation of fitness testing and GPS data. Students will be asked to identify key metrics in the data and based on these design appropriate and effective training interventions.	2,3	70.00	n/a

No Project

No Practical

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>
Lab/Lecture	Every Week	2.00
Independent Learning	Every Week	7.00
Total Hours		9.00

Module Delivered In

Programme Code	Programme	Semester	Delivery
CW_BBSMC_B	Bachelor of Arts (Honours) in Sport Management and Coaching	5	Mandatory
CW_BBSOC_D	Bachelor of Arts in Sport Coaching and Business Management (Football)	5	Mandatory
CW_BBGAA_D	Bachelor of Arts in Sport Coaching and Business Management (GAA)	5	Mandatory
CW_BBRUG_D	Bachelor of Arts in Sport Coaching and Business Management (Rugby)	5	Mandatory
CW_BBSBC_D	Bachelor of Arts in Sport, Business and Coaching	5	Mandatory
CW_BBSBC_B	Bachelor or Arts (Honours) in Sport, Business and Coaching	5	Mandatory