

<b>Module Title:</b>	Applied Anatomy and Sport Physiology 2
<b>Language of Instruction:</b>	English
<b>Credits:</b>	5
<b>NFQ Level:</b>	6
<b>Module Delivered In</b>	<a href="#">6 programme(s)</a>
<b>Teaching &amp; Learning Strategies:</b>	<p>The learning outcomes detailed above will be achieved through the following teaching methodologies: • Lectures – The lecturer will use a combination of lecture, Questions &amp; Answers, group discussion, PowerPoint presentation and online quizzes where appropriate. • Practicals – Students will work in pairs and small groups on (i) applied anatomy and functional movement analysis tasks, including joint actions and stretching and strengthening exercises for principal muscles, basic instructional skills in the areas of circuit training, resistance training, core stability, warm ups and cool downs • Problem Solving Exercises – Students will work as part of a team and will work together to resolve various tasks associated with applied anatomy and sports physiology in both theory and practical classes. • 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 – The emphasis on independent learning will develop a strong and autonomous work and learning practices.</p>
<b>Module Aim:</b>	<p>The aim of this module is to develop students' scientific knowledge and understanding of bodily systems responses to exercise and sports performance. Students will be introduced to a broad range of topics in the area of applied anatomy and sports physiology, giving them a framework within which to understand how sportspeople respond and adapt to different types of training.</p>
<b>Learning Outcomes</b>	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Describe the cardiovascular, respiratory and metabolic adaptations to endurance training
LO2	Distinguish between the possible causes of fatigue during exercise of different intensity and duration and describe the causes and impact of overtraining
LO3	Display a basic level of competency with regard to exercise demonstration and exercise instruction in (i) circuit training; (ii) resistance training and (iii) core stability and warm up/cool down
<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
<b>Warm-up and Cool-down</b> RAMP method, static vs dynamic stretching
<b>Fatigue &amp; Overtraining</b> • Causes of fatigue & implications for training • Over-reaching, overtraining/ unexplained underperformance syndrome – causes, impact on bodily systems & prevention
<b>Adaptations to Training</b> • Cardiovascular • Respiratory • Metabolic
<b>Exercise and Fitness Instructional Skills</b> • Circuit Training • Resistance Training • Core Stability
<b>Physiological demands of team sports</b> Hurling/Camogie, Gaelic Football, Soccer, Rugby

Assessment Breakdown	%
Practical	30.00%
End of Module Formal Examination	70.00%

No Continuous Assessment

No Project

Practical				
Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	RAMP warm up / circuit training /cool down assessment	3	30.00	Sem 1 End

End of Module Formal Examination				
Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Formal Exam	Written Examination	1,2,3	70.00	End-of-Semester

SETU Carlow Campus reserves the right to alter the nature and timings of assessment

### Module Workload

Workload: Full Time		
Workload Type	Frequency	Average Weekly Learner Workload
Lecture	Every Week	2.00
Practicals	Every Week	1.00
Independent Learning	Every Week	6.00
Total Hours		9.00

**Module Delivered In**

Programme Code	Programme	Semester	Delivery
CW_BBSMC_B	<a href="#">Bachelor of Arts (Honours) in Sport Management and Coaching</a>	2	Mandatory
CW_BBSOC_D	<a href="#">Bachelor of Arts in Sport Coaching and Business Management (Football)</a>	2	Mandatory
CW_BBGAA_D	<a href="#">Bachelor of Arts in Sport Coaching and Business Management (GAA)</a>	2	Mandatory
CW_BBRUG_D	<a href="#">Bachelor of Arts in Sport Coaching and Business Management (Rugby)</a>	2	Mandatory
CW_BBSBC_D	<a href="#">Bachelor of Arts in Sport, Business and Coaching</a>	2	Mandatory
CW_BBSBC_B	<a href="#">Bachelor or Arts (Honours) in Sport, Business and Coaching</a>	2	Mandatory