COAC C1315: Coach Education 1 - GAA

Module Title:	Coach Education 1 - GAA
Language of Instruction:	English

Credits:	5

NFQ Level:	6

Module Delivered In	2 programme(s)

Teaching & Learning Strategies:	The learning outcomes detailed below will be achieved through the following teaching methodologies: *Lectures – communication of knowledge and ideas from the lecturer to the students; *Demonstrations – coaching demonstrations by lecturer; *Peer teaching – practice at coaching by students with structured feedback from their peers; *Problem solving exercises – students will work alone or as part of a team to address various coaching and performance analysis challenges; *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 by material from the GAA's learning and development portal; *Self-directed independent earning will be emphasised and encouraged – reading by students, searching the web, looking for advice or help from others, attending lectures and workshops on coaching and related topics, seeking opportunities to practice coaching in settings inside and or outside the IT.

Module Aim:	The aim of this module is to develop students' ability to coach each element of the Gaelic Games Player Pathway model to child Gaelic footballers, hurlers and camogie players while critically evaluating their own and others' coaching performances.

Learning Outcomes	
On successful completion of this module the learner should be able to:	
LO1	Demonstrate and understand how to use the I.D.E.A.L. method to introduce skills, S.T.E.P.R. method to adapt activities and the six HOW TO COACH skills to coach child centered elements of the Gaelic Games Player Pathway model to children Gaelic footballers, hurlers and camogie players.
LO2	Plan, design, coach and evaluate child friendly Gaelic Games related session plan activities in ways that are at all times consistent with the Gaelic Games guidelines in: OUR GAMES – OUR CODE, THE JOINT CODE OF BEST PRACTICE IN YOUTH SPORT.
LO3	Demonstrate and understanding of how theories and concepts in Performance Analysis and coaching are applied to enhance sporting performance

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

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Module Content & Assessment

Indicative Content
Gaelic Games coach education structure • Gaelic Games Coach education structure, process and award system • Mandatory coaching standards for Gaelic Games club and inter-county teams
The Gaelic Games player pathway model • The Gaelic Games player pathway model as it applies to child Gaelic footballers, hurlers and camogie players (The environment, The Game, The Player) • The player - The 6 key attributes developed over time through a coaching approach to help players reach their full potential :1. Passion 2. Respect 3. Responsibility 4. Commitment 5. Resilience 6. Creativity • The Environment - The 6 key player support pillars within the Environment strand of the Gaelic Games Player Pathway : 1. Coaches 2. Teachers 3. Families 4. Role Models & Peers 5. The Games Programme 6. The Gaelic Games System • The Game - Building player capacities so players become more competent at playing our Games. 1. Technical 2. Tactical 3. Physical 4. Psychosocial
Being a coach • Roles and responsibilities of a Gaelic Games coach with particular emphasis on the needs of child Gaelic footballers, hurlers and camogie players • Carrying out Gaelic Games related activities consistent with the guidelines in: 'Our Games – Our Code, the Joint Code of Best Practice in Youth Sport'
Coaching movement for Gaelic Games • Coaching physical literacy to child Gaelic football, hurling and camogie players. • Fundamental movement skills and their application to Gaelic games
Who are you coaching To introduce the participants to the similarities and differences that exist between Child, Youth (Boys & Girls) and Adult (Male & Female) participants in Gaelic games. These groups have different needs and capacities across each of the different areas: technical, tactical, physical, psycho/social
Skills Development & How to coach • The I.D.E.A.L method of coaching a skill • The six 'how to coach skills' • The skills of Gaelic football, hurling and camogie • Correcting errors in the execution of Gaelic football, hurling and camogie skills, with reference to players' head, hands and feet • The S.T.E.P.R. method of varying coaching activities • Communication in coaching • skill acquisition & motor learning
Games Coaching games to child Gaelic football, hurling and camogie players. • Family of games • Categorise the different type of games you can use • Different Types of Games - appropriateness for each playing population
Preparation & Planning • The importance of planning in coaching • Designing individual session plans for coaching each element of the Gaelic Games player pathway model to child Gaelic footballers, hurlers and camogie players.
Evaluation in coaching • The importance of evaluation in coaching • Evaluating the effectiveness of the coaching of each element of the Gaelic Games player pathway model, as the model applies to child Gaelic footballers, hurlers and camogie players
Coaching tactical • Coaching elements of team play & decision making to child Gaelic football, hurling and camogie players
Coaching psychological focus Coaching elements of psychological focus to child Gaelic football, hurling and camogie players
Coaching participant feedback • Using participant feedback to complement the development of the other elements of the Gaelic Games player pathway model in child Gaelic footballers, hurlers and camogie players
performance Analysis • What is Performance Analysis? • Sports Data and Information • What are Key Performance Indicators? • Developing a Manual Notation System • Introduction to Data Visualisation

Assessment Breakdown	%
Continuous Assessment	60.00%
Practical	40.00%

Continuous Assessment

Assessment Type	*Assessment Description*	*Outcome addressed*	*% of total*	*Assessment Date*
Portfolio	Completion of a Coach Education log book to include child appropriate session plans, reflections and course workbook learnings. 9,000 word max	1,2	40.00	n/a
Presentation	Performance Analysis: Performance Profile Presentation.	3	20.00	n/a

No Project

Practical

Assessment Type	*Assessment Description*	*Outcome addressed*	*% of total*	*Assessment Date*
Practical/Skills Evaluation	Assessment of planning and practical coaching abilities throughout the semester.	1,2	40.00	n/a

No End of Module Formal Examination

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

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Module Workload

Workload: Full Time		
Workload Type	*Frequency*	*Average Weekly Learner Workload*
Lecture	12 Weeks per Stage	1.50
Practicals	12 Weeks per Stage	2.00
Estimated Learner Hours	15 Weeks per Stage	5.53
	Total Hours	125.00

Module Delivered In

Programme Code	Programme	Semester	Delivery
CW_BBSMC_B	Bachelor of Arts (Honours) in Sport Management and Coaching	2	Mandatory
CW_BBGAA_D	Bachelor of Arts in Sport Coaching and Business Management (GAA)	2	Mandatory