DEVL C1316: Player Development 1 - GAA

Module Title:	Player Development 1 - GAA
Language of Instruction:	English

Credits:	5

NFQ Level:	6

Module Delivered In	2 programme(s)

Teaching & Learning Strategies:	• Practical – Students will take part in lecture (Coach) lead practical sport specific practical sessions on the pitch and in the gym • Lectures - communication of knowledge and ideas from the lecturer to the student. This may involve Q&A, group discussion or powerpoint presentations and online learning support where appropriate. • Problem solving exercises – students will work alone or as part of a team to address various playing and performance analysis challenges; • 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 the Gaelic Games athlete.

Module Aim:	To provide students with the knowledge, skills and attributes to understand how to enhance their own individual performance in each element of the GAA's Player Pathway model as well as an introduction to 24 Hour Athlete lifestyle to meet the demands of Gaelic Games

Learning Outcomes	
On successful completion of this module the learner should be able to:	
LO1	Display a basic level of proficiency with regard to exercise performance and instruction for Gaelic Games specific athletic development through pitch and gym based activities.
LO2	Demonstrate an understanding and appreciation of the 24 hour Athlete and the requirements needed for optimal performance in Gaelic Games.
LO3	Recommend and advise on the best nutritional practices and nutritional requirements for participation in competitive adult GAA.

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
Physical Athletic Development Develop basic knowledge and knowledge to improve sport specific fitness components through pitch and gym based activities. (Aerobic, Anaerobic, Speed, Agility, Balance, Co-ordination, Strength) • Undergo fitness testing and receive results and feedback on key individual improvement goals in relation to results. • Introduction of gym based strength and conditioning programme • Introduction of pitch based strength and conditioning programme • Profiling & Setting goals
24 Hour Athlete • To have an understanding that players are role models and should act as such • Continually develop awareness and knowledge of lifestyle and performance factors • Maintenance of an appropriate life and sporting balance • Well developed self monitoring / Diaries • Full integration of sport, career and life goals • Injury Management • Injury prevention • Rest and recovery strategies • Nutrition and Hydration • Time Management
Sports Nutrition Healthy balanced diet. Energy requirements and current practices of players. Food pyramid/plate. Basic nutrients. Assessment of diet. Timing of ingestion, Hydration/electrolyte balance, Carbohydrates, Fats, Protein, Vitamins and Minerals

Assessment Breakdown	%
Continuous Assessment	50.00%
Practical	50.00%

Continuous Assessment

Assessment Type	*Assessment Description*	*Outcome addressed*	*% of total*	*Assessment Date*
Presentation	Group Presentation Approx. 10 Minutes: 24 hour Athlete and requirements needed to optimise performance for Gaelic Games.	2	30.00	n/a

Project

Assessment Type	*Assessment Description*	*Outcome addressed*	*% of total*	*Assessment Date*
Project	Nutrition: essay (approx 1200 words) on advice/recommendations for player on key aspects of nutrition (healthy balanced diet, macros, timing of ingestion, hydration etc).	3	20.00	n/a

Practical

Assessment Type	*Assessment Description*	*Outcome addressed*	*% of total*	*Assessment Date*
Practical/Skills Evaluation	Mode A: (Players able to participate in class activities) Complete a self reflective physical fitness capacities performance profile to identify short and medium term improvement goals. Use a weekly class log to capture all work completed to achieve the identified goals and improve performance. Mode B (Players Unable to participate in class activities) Complete a self reflective physical fitness capacities performance profile to identify short and medium term goals in relation to gaining back full fitness. Use a weekly class log to capture all player development and rehabilitation work completed to regain full fitness and improve performance.	1,2	50.00	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	3.00
Estimated Learner Hours	15 Weeks per Stage	4.73
Lecture	12 Weeks per Stage	2.00
	Total Hours	149.00

Module Delivered In

Programme Code	Programme	Semester	Delivery
CW_BBSMC_B	Bachelor of Arts (Honours) in Sport Management and Coaching	1	Mandatory
CW_BBGAA_D	Bachelor of Arts in Sport Coaching and Business Management (GAA)	1	Mandatory