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| Module Title: | Player Development 2 - GAA | | |
| Language of Instruction: | English | | |
| Credits: | 5 | | |
| NFQ Level: | 6 | | |
| Module Delivered In | 2 programme(s) | | |
| Teaching & Learning Strategies: | <ul style="list-style-type: none">• 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 elements of the GAA's Player Pathway model to meet the demands of Gaelic Games. | | |
| Learning Outcomes | | | |
| <i>On successful completion of this module the learner should be able to:</i> | | | |
| LO1 | Demonstrate an understanding and appreciation of the GAA's Player Development Pathway | | |
| LO2 | Demonstrate a basic ability to self analyse and gathering information on key areas of technical and tactical playing performance deficiencies | | |
| LO3 | Identify SMART goals towards improving personal performance in the areas of technical and tactical player development. | | |
| Pre-requisite learning | | | |
| Module Recommendations <i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i> | | | |
| 8567 | DEVL C1316 | Player Development 1 - GAA | |
| 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

Technical

• Performing the skills of Gaelic Football / Hurling / Camogie to an autonomous level in an open environment • Non-pressurised to pressurised skill development • Adaptation of skill performance in response to the environment • Continue to inform development of skills through awareness of individual strengths and weaknesses (including personal style) • Performing skills at a consistent level and under control

Tactical

• Performing and altering decision making based on situational factors • Environmental conditions and opponents • Utilise event and position specific tactical preparation • Have a comprehensive knowledge of, as well as the ability to fully utilise, the principles of attack / defence / transition • Developing team play skills in open competitive environment • Altering team play/style based on opponents and environmental factors as practiced in a training environment

Physical Athletic Development

Develop knowledge and put into practice 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. • Progression of gym based strength and conditioning programme Progression of pitch based strength and conditioning programme

Intro to Performance Profiling & Goal Setting

• Introduction to self analysis on individual performance • Introduction to profiling based on perceived abilities. • Using previous training and matches to identify strengths and weakness • Introduction to goal setting • Importance of setting goals • Setting goals for performance, process and or outcome • Using SMART goals to plan for future development •

| 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. 15 Minutes: GAA Player Development Pathway | 1 | 50.00 | n/a |

No Project

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 Technical & Tactical performance profile to identify short and medium term SMART 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) 1) Complete a self reflective Technical and Tactical performance profile to identify SMART medium and long term goals. 2) Create a rehabilitation programme for yourself to help recover from injury. 3) Use a weekly class log to capture all player development and rehabilitation work completed to regain full fitness and improve performance. | 2,3 | 50.00 | n/a |

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> |
| Practicals | 12 Weeks per Stage | 3.00 |
| Estimated Learner Hours | 15 Weeks per Stage | 5.93 |
| 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 |