

Module Title:	Player Development 5 - GAA	
Language of Instruction:	English	
Credits:	5	
NFQ Level:	7	
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 as well as demonstrating an understanding to key areas of self-management skills 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 a high level of understanding and abilities to put into practice, how to develop and improve Gaelic Games specific athletic development components for pitch and gym based sessions.	
LO2	Demonstrate an understanding and appreciation of how a positive Talent Development Environment can have a major impact on 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
8573	DEVL_2	Player Development 3 - GAA
8574	LEAD	Player Development 4 - GAA
8575	DEVL C1321	Player Development 2 - 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

Physical

Develop knowledge and 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 and pitch based strength and conditioning programme

Programme Planning

• Using MAS to provide individualised conditioning programme planning • Anaerobic & Aerobic programme planning • Speed, Agility & Change of Direction programme planning • Planning Gym programmes for Strength, Power, Plyometric, Hypertrophy • Planning programmes for mobility and flexibility

Load management

• Using RPE scale to rate perceived exertion of training sessions • Monitors how much athletes train, perform and rest and makes sure that the balance of each of these is appropriate • Check planned session workload vs actual session workload • Identify fluctuations in workload which may lead to increased injury risks. • Daily Diary to look at freshness, Sleep and mood etc.

Coaching environment (talent development)

• The key features of the talent development environment • The key methods used to embed the key features in an effective talent development process. • Current modern trends in Talent ID • RAE, • Early Specialisation • Early maturation • Wining v Development philosophy.

Assessment Breakdown	%
Continuous Assessment	50.00%
Practical	50.00%

Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Written Report	Complete a 1,500 word written report outlining key features of an effective Talent Development Environment for Gaelic Games players.	1,2	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 full performance profile on all elements of player pathway 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 full performance profile on all elements of player pathway to identify medium to long term improvement goals. 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

Module Workload

Workload: Full Time		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	12 Weeks per Stage	0.50
Practicals	12 Weeks per Stage	3.00
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	5	Elective
CW_BBGAA_D	Bachelor of Arts in Sport Coaching and Business Management (GAA)	5	Elective