

Module Title:	Applied Athletic Development 1
Language of Instruction:	English
Credits:	5
NFQ Level:	6
Module Delivered In	2 programme(s)
Teaching & Learning Strategies:	This module will be taught in one theory class of one hour duration and two one hour practicals per week throughout the year. The theory class will include lecture, Q&A, group discussion, PowerPoint presentations and online learning support where appropriate. The practical classes will consist of bodyweight/ resistance conditioning and core stability training, involving both master classes and student teaching. The primary focus will be on developing students' movement and resistance training competencies and also enhancing their practical skills and confidence in exercise instruction and basic programme planning.
Module Aim:	The aim of this module is to provide students with the knowledge to enhance their physical development ,mental preparation and self-management skills.
Learning Outcomes	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Display a basic level of proficiency with regard to exercise performance and instruction.
LO2	Demonstrate an understanding of the principles of training and their application to the health related components of fitness in designing basic exercise programmes
LO3	Demonstrate an understanding of the benefits of choosing a healthy and active lifestyle
Pre-requisite learning	
Module Recommendations	
<i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i>	
No recommendations listed	
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

Lifestyle/Social Issues

Creating positive Hobbies & Pastimes for an athlete. Understand the benefits of choosing a healthy and active lifestyle. Lifestyle balance. Training, performance and diet diary's. Introduction to time management

Performance and Instructional skills

Movement preparation and core stability training: relevant anatomy; activation cues; instruction in core stability exercises; basic mat-work and progressions; movement analysis; warm ups and cool downs; flexibility (types of stretching and their practical application. Resistance Training (Introduction): safety in weights room, warm-up, basic resistance exercises; teaching cues and safety points for each exercise, identification of technique error and correction. Undergo fitness testing and receive results and feedback on key individual improvement goals in relation to results

Programme design and progression

Basic gym and sport specific programme design and progression using FITT principals

Assessment Breakdown	%
Continuous Assessment	50.00%
Practical	50.00%

Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Portfolio	Completion of an athletic development portfolio/log to be done over full term.	1,2,3	50.00	n/a

No Project

Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Practical / fitness testing of physical/skill performance and teaching competencies	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	Every Week	1.00
Practicals	Every Week	2.00
Independent Learning	Every Week	6.00
Total Hours		9.00

Module Delivered In

Programme Code	Programme	Semester	Delivery
CW_BBSBC_D	Bachelor of Arts in Sport, Business and Coaching	1	Mandatory
CW_BBSBC_B	Bachelor of Arts (Honours) in Sport, Business and Coaching	1	Mandatory