

Module Title:	Applied Athletic Development 2
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 progressing the 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 progress students knowledge of how 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 high level of proficiency with regard to exercise performance and instruction.
LO2	Demonstrate an understand 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 key components of the 24 hour athlete 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

Physical Competencies

Develop and improve relevant 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

Programme design and progression

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

Personal Issues

Rest & recovery strategies. Individualisation of ancillary supports (Diet/ Nutrition, medical, sports science). Personal responsibilities & Self discipline. Dealing with social situations or problems e.g. alcohol culture, peer pressure, school, jobs etc

Physical activity and health

Exercise adherence, stress and stress management; exercise and health benefits

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 on 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	2	Mandatory
CW_BBSBC_B	Bachelor of Arts (Honours) in Sport, Business and Coaching	2	Mandatory