

PROG: Advanced Rehabilitation and Performance Programming 2

Language of Instruction: English Credits: 5 NFQ Level: 8 Module Delivered In 1 programme(s). Teaching & Learning Strategies: This module will be taught in one hour theory class and a double hour practical per week. The theory class will include active learning, lipped learning, group discussion and lecture control. The primary focus will be on developing students' knowledge and understanding key elements of the late stage rehabilitation and return to performance planning. The practical work will comprise of a mix of experimental learning. Module Alm: This module provides an in-depth skills in the exercise based rehabilitation, which will include complex factors effecting performance and recovery, monitoring of atthletes. Module Alm: This module the learner should be able to: Demonstrate the scientific injuries and cacching. Critically analyse and appraise the various strength and conditioning in end stage rehabilitation and advanced exercise late stage rehabilitation and return to performance enteria. L02 Critically analyse and appraise the various strength and conditioning in end stage rehab through from injury and preparing for re-introduction to performance activity. L03 Demonstrate and critically analyse the late stage rehabilitation phase and return to performance criteria for specific injuries Pre-requisite learning from injury and preparing for re-introduction to performance activity. This proving and preparing for re-introduction to performance activity.	Module Title:		Advanced Rehabilitation and Performance Programming 2			
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Successful completion of year 2 or equivalent						
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Module Content & Assessment

Indicative Content

Strength and Conditioning

Resistance training for strength and conditioning purposes - advanced approaches to resistance training and analysis of resistance exercises to develop appropriate load technique for muscular development, performance, rehabilitation, and injury prevention.

Technical Models

Development and understanding of key components of technical models which guide exercise prescription

Periodisation

Design of preparatory, competitive and transition training programmes, practical application of programme design for specific sports, application of macro, meso and micro cycles, preparation for competition, peaking and tapering

Theory Develop and critically evaluate the return to performance criteria protocols associated to specific injuries, injury prevention strategy and monitoring.

Assessment Breakdown	%	
Continuous Assessment	50.00%	
Practical	50.00%	

Continuous Assessment Assessment Assessment Description Outcome % of Assessment Туре addressed total Date Other Continuous assessment may include MCQ, assignments, project work, 1,2,3 50.00 n/a eportfolios, programme design.

No Project

Practical							
Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date			
Practical/Skills Evaluation	Practical exam	1,3	50.00	n/a			

No End of Module Formal Examination

SETU Carlow Campus reserves the right to alter the nature and timings of assessment



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Module Workload

Workload: Full Time				
Workload Type	Frequency	Average Weekly Learner Workload		
Lecture	12 Weeks per Stage	1.00		
Laboratory	12 Weeks per Stage	2.00		
Independent Learning	15 Weeks per Stage	5.93		
	Total Hours	125.00		

Module Delivered In							
Programme Code	Programme	Semester	Delivery				
CW_SASRA_B	Bachelor of Science (Honours) in Sports Rehabilitation and Athletic Therapy	6	Mandatory				
Discussion Note: Co-author Damien Sheehan							