

SEMESTER 2 STRENGTH & CONDITIONING

onDate	Time	Time
Tuesday 26 th January Week 1	11:00-13:00 Introduction to S&C Tutorial Grace Germaine	14:00-17:00 Functional Assessment Tutorial Grace Germaine
Wednesday 27 th January	11:00- 11.40 Live PODS 1& 2 Grace Germaine	12:00- 12.40 Live PODS 3& 4 Grace Germaine
Thursday 28 th January Week 1	11:00-13:00 Energy Systems & Models of Training Online Karl Fleming	
Tuesday 2 nd February Week 2	10:00-13:00 Training for Speed Park Point Pod 1 &2 John Heffernan	14:00-17:00 Training for Speed Park Point Pod 3 & 4 John Heffernan
Wednesday 3 rd February Week 2	13.00-15.30 Developing Sports Specific Speed & Agility Park Point Pod 3 & 4 Noreen O Connell	15:30-18:00 Developing Sports Specific Speed & Agility Park Point Pod 1 &2 Noreen O Connell
Thursday 4 th February Week 2	10:00-13:00 Olympic Lifts Park Point Pod 1 &2 Patrick Walsh	14:00-17:00 Olympic Lifts Park Point Pod 3 & 4 Patrick Walsh
Tuesday 9 th February Weeks 3	11:00-13:00 Strength Training Tutorial John Ryan	14:45- 15.00 Live Q&A 15.30-17.00 Planning & Programming Tutorial Richie Walsh
Thursday 11 th February Week 3	11:00-13:00 Sports Specific Training for Power Tutorial John Ryan	14:45- 15.00 Live Q&A 15.30-17.00 Injury Prevention & Rehabilitation Tutorial Richie Walsh
Friday 12 th February	10am- 10.30 am Live Q&A-John Ryan	
Tuesday 16 th February Week 4	10.00-1030 Live Q&A- Eoin Stanley 11:00-13:00 Strength Training Tutorial	14.00-16.00 Periodisation, Tapering & Peaking Tutorial Eoin Stanley

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	John Ryan	
Thursday 18 th February Week 4	11:00-13:00 Sports Specific Training for Power Tutorial John Ryan	14.00-16.00 Injury Prevention & Rehabilitation Tutorial Richie Walsh
Friday 19 th February	10am- 10.30 am Live Q&A-John Ryan	

Date	Time	Time
Tuesday 23 rd February Week 5	11:00-13:00 Performance Analysis Tutorial Gerry Fitzpatrick	14:00-16:00 Sports Psychology Tutorial John Ryan
Thursday 25 th February Week 5	10.00-10.30 Live Q&A- Eoin Stanley 12.00-14.00 Periodisation, Tapering & Peaking Tutorial Eoin Stanley	14:00-16.00 Planning & Programming Tutorial Richie Walsh
Friday 26 th February	10am- 10.30 am Live Q&A-John Ryan	
Tuesday 2 nd March Week 6	11:00-13:00 Endurance Training Park Point Pod 3 & 4 Gerry Fitzpatrick	14:00-17:00 Endurance Training Park Point Pod 1 & 2 Gerry Fitzpatrick
Thursday 4 th March Week 6	10:00-13:00 Fitness Assessment Arena Pod 1 & 2 Grace Germaine	14:00-17:00 Fitness Assessment Arena Pod 3 & 4 Grace Germaine
Tuesday 9 th March Week 7	11:00-13:00 Performance Analysis Tutorial Gerry Fitzpatrick	14:00-16:00 Sports Psychology Tutorial John Ryan
Thursday 11 th March	11:00-13:00 Nutrition & Hydration Tutorial	14.00-16.00 Citing & Referencing Tutorial

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Week 7	Karl Fleming	Karl Fleming
Friday 12 th March	10am- 10.30 am Live Q&A-John Ryan	
Tuesday 16 th March Week 8	10:00-12:00 Dropbox Submission Tutorial Tutorial Damien Jackson	
Tuesday 30 st March Week 10	10:00-13:00 Warm up PESS Gym Pod 3 & 4 Patrick Walsh	14:00-17:00 Warm up PESS Gym PODS 1 & 2 Patrick Walsh
Wednesday 31 st March Week 10	13.00-15.30 Tutorial PODS 1& 2 Grace Germaine CR	15:30-18:00 Tutorial PODS 3& 4 Grace Germaine CR
Thursday 1 st April Week 10	10:00-13:00 Coaching and drill skills PESS Gym t/Pitches Pod 3& 4 Alan Hayles	14:00-17:00 Coaching and drill skills PESS Gym /Pitches PODS 1 & 2 Alan Hayles

8th April – Case Study submission

15th April MCQ -Online