



Modules SS311 & SS3121
Strength & Conditioning for Sport

Assessment Procedures

2021



**UNIVERSITY OF
LIMERICK**
OLLSCOIL LUIMNIGH

Module SS3111 Strength & Conditioning

Assessment Details and weightings

Introduction

Dear student,

As you are aware Ireland is now operating under government restrictions for COVID 19. The University of Limerick has instructed all its departments to develop alternative assessment methods that will assess the learning outcomes of modules and courses and comply with the measures being taken to combat COVID-19. As it is now impossible to implement the 'normal' work experience assessment procedures, NCEF has developed the assessment procedures on the following pages for all students taking this module in 2021.

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Overview

Assessment on this module involves the following:

1. An MCQ assessment consisting of 25 questions in 20 minutes

Weighting 25%

2. Submission of a Case Study Report

Weighting 75%

Assessment Details

On-Line MCQ Assessment (25% Weighting)

1. This assessment will be on the date scheduled by your Course Coordinator
2. You will have 20 minutes to answer 25 questions and submit the assessment
3. A sample on-line assessment link will be sent to you during the course by your course coordinator. The purpose of this sample is as follows:
 - a. To familiarise you with the layout and structure of the assessment
 - b. To ensure the technology works correctly for you and your assessment comes back to NCEF on submission
 - c. It is **extremely important** you complete and submit the sample.
4. The content for the questions will come from the following areas:
 - a. Speed
 - b. Nutrition
 - c. Sport Psychology
 - d. Planning

e. Functional Assessment

Case Study Report (75% Weighting)

Aim of the Case Study: To provide students with the opportunity to research on a specific sport in order to improve and develop their knowledge, skills and attitudes necessary to become a confident and competent Strength and Conditioning Coach.

Learning Outcomes: At the end of this Case Study projects, students will have:

1. Furthered their knowledge in the area of strength and conditioning
2. Applied the theoretical knowledge gained in the classroom to a practical setting both in the gym/weights room and in the environment in which the team /athletes perform.
3. Learn how to improve on communication skills when dealing with squad members, players, other coaches, team managers backroom teams etc.
4. Learned how to adapt and improvise when necessary to meet the needs of individuals and of the club /facilities etc
5. Developed an awareness of their own personal strengths and areas that need to be improved on such as knowledge or skills gaps and communication skills.

Outline

The case study project consists of you choosing a sport and writing a detailed report about your experience including team/athlete details, pre-fitness assessments, training programmes, post-tests, analysis and evaluation. See below for full details.

1. The Case Study should be submitted on or before the date provided by your Course Coordinator.
2. It must be submitted via the Assessment Submission link that your course coordinator will send to your UL e mail address
3. The Case Study should be submitted in Microsoft Word format and in **One file only**.
4. Multiple files are not acceptable and will result in your project receiving an **NG**.
5. Video will be submitted via the Assessment Submission link that your course coordinator will send to your UL e mail address

Case Study Project Details

Part 1

The following details need to be sent via e mail to your Course Coordinator on or before the date provided to you by the course coordinator:

- a. The type of team from the list below with which you intend to base your Case Study on
 - Dance
 - Martial arts/Combat sports
 - Field Sports i.e. Gaelic Football, Hurling, Rugby, Camogie, Hockey

- Court Games i.e. Tennis, handball, basketball
- Water based sports Rowing, swimming, sailing
- Individual sports /Cycling /Running /Triathlon/Jockey

Section A: About the Team /Group

- a. Give an overview of the sport you have picked
- b. Describe in detail the components of fitness required for this sport and provide a rationale for the 3 top components stating how they are most used within the sport

Section: B

Fitness testing

- a. List each of the tests you would perform with the team/group
- b. Provide a detailed rationale or reason for your choice of each test and why you think it is appropriate and relevant to the demands of the sport

Section: C

Functional Movement Screening

Please provide the following based on the FMS results below

TEST	RAW SCORE	FINAL SCORE	COMMENTS
DEEP SQUAT	2	2	
HURDLE STEP	L	3	
	R	3	
INLINE LUNGE	L	2	
	R	2	
SHOULDER MOBILITY	L	3	/
	R	/	
IMPINGEMENT CLEARING TEST	L	0	
	R	0	
ACTIVE STRAIGHT-LEG RAISE	L	2	2
	R	2	
TRUNK STABILITY PUSHUP	2	2	
PRESS-UP CLEARING TEST	0		
ROTARY STABILITY	L	/	/
	R	/	
POSTERIOR ROCKING CLEARING TEST	0		
TOTAL	13		

- A. a recommendation you would give to manager/selector if a player had the following result
- B. Which FMS test would you address first & explain why
- C. List the possible reasons for a poor score in the test you identified

- D. Based on the test you identified and the corrective strategies continuum, give one exercise for each of the corrective-strategies continuum stages and give a rationale for it.

Section D: Annual Training and Competition plan for Team/group

On the top of the next page you will find a a blank Annual Training Plan. Please refer to the sample on p.210 of your S&C manual, compile an annual training and competition plan using the template as a guide **for your specific sport** taking into consideration the following:

- a. Pre-Season Phase
- b. Competition Phase
- c. Post-Season Phase

MONTHS	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Periodization												
Macrocycles												
Endurance												
Strength												
Flexibility												
Speed												
Technique												
Tactics												
Psychology												
% Training Time												
Conditioning												
Skills												
Tactical												

Section D: Session plans

1. **Compile Session Plans for sessions 1, 4, 8 and 12 of the on-site sessions (Pool, pitch, track etc) clearly displaying the drills used and instructions for each one.**
 - a. For each Session Plan provide a detailed explanation of the following:
 - i. The objectives of each section of the Session Plan
 - ii. Identify the periodised phase of training
 - iii. The components of fitness targeted and why

- iv. Identify work/rest ratio and intensities used in each phase of the training sessions detailed

2. **Compile session 4 and 12 of the gym-based sessions.**

- a. For **Each Session Plan** provide a detailed explanation of the following:
- b. The objectives of each session
- c. A table consisting of the name of the exercise, the intensity (percentage of 1 RM) , the sets, reps and rest time between sets
- d. A rationale for the inclusion of each of the exercises within the session and the rationale behind your choice of reps, sets, intensity and duration of rest periods.

Section E: Future programming and advice

- a. An outline plan of where you see the programme going forward based on the previous programme
- b. Nutritional; guidelines you would give the team/group in their training sessions
- c. Motivational techniques you would use on this team/group and explain why
- d. Give a description of the injury prevention measure you would use while training the team /group

Case Study Submission

1. The case Study must be named correctly in order for it to be organised and sent for correction
2. The following filename must be used, no other file names are acceptable:
SS3111-Case Study
3. **DO NOT** place your name, Student ID or any other word in the file name
4. You will receive an e mail from your Course Coordinator to your UL student e mail account a week to 10 days prior to the date of submission. Once you receive the link you may submit at anytime prior to the submission deadline.
5. When you click the link in the e mail it will open an 'Upload' panel
6. Click on the 'Choose from computer' button and navigate to where your Case Study is saved, click on the Case Study to highlight it and click 'Open' from the bottom of the Dialogue box
7. This will bring you back to the Upload Panel, where you will see your Case Study in a text box
8. Enter your name and e mail address in the boxes provided
9. Then click upload
10. Depending on the size of your case study file and the speed of your Internet connection this could take anything from 5 minutes to half an hour or more, a progression icon is provided on the panel
11. The panel will tell you that your files have been successfully uploaded
12. You will also receive an automatic e mail from NCEF informing you that your submission has been successful.

SS3121- S&C Video Submission – Virtual Class

Requirements

There are two sections to your Module SS3121

A. Teaching and demonstration section which is recorded onto video and submitted. See the Video Editing and submission Tutorial at <https://www.ncefelearning.com/video-editing%20-final/index.html>

B. Evaluation, Observation and Correction.

A. Teaching and Demonstration

Students are required to teach minimum of 30 minutes to the camera following the guidelines below. No participants should be used, you will teach a 'virtual class'

1. A full plan for the training session should be submitted with the video and this should include:
 - a. The objectives of the session
 - b. Components of fitness to be targeted
 - c. Clear and concise details on each element of the training session
2. Choose a space in your home, garage, back yard etc that you have enough room to move safely around in.
3. Start with a 30 second to 1-minute introduction of the purpose of the main phase and an outline of what you intend to do.
4. The warmup section should be a maximum of 7 minutes- completed by student
5. Drills, activities and exercises that are appropriate to the demands of the sport should be evident throughout
6. Clear introductions and demonstrations should be provided for each section to the camera
7. Rationale on why these drills for this sport/team should be briefly explained to the camera
8. Explanations should be clear and concise
9. All activities should be relevant to the components of fitness being targeted
 - a. Work/rest ratio
 - b. Applicability to the sport
10. 'Virtual Class'. Go through your routine demonstrating the movements as you do and calling out teaching and safety points for each movement.
11. When finished, stop recording and review the video on your phone. If you are not happy with the routine, you can record it again.
12. Edit the video if needed using the tutorial at the link above and submit it with your class plan (see the submission requirements sheet separately).

Evaluation, Observation & Correction

1. Watch your video
2. As you watch it take notes of any instances of poor technique

3. What went well and where improvements are needed
4. Your choice of drills /activities
5. Potential problems they think could occur
6. Application of the knowledge learned in class to 'real life' training
7. How you would progress the session going forward
8. Alternative drills/exercises that could be used going forward
9. Pause the video and take note of the time at which it occurred and what you have observed
e.g. 3:41 ' Poor information given on a drill "
10. Follow a similar pattern for the full video using a table similar to the one below

Time	Fault noted	What you would do to correct this

11. Submit this table following the submission instructions

File Name **SS3121-Video**
 SS3121- Class Plan
 SS3121- Evaluation & observation