

Certificate in Conditioning for Gaelic Games 2009/2010

Course Title:	Certificate in Conditioning for Gaelic Games (Special Purpose Award) Level 6, 15 ECTs Credits
Award Level:	FETAC Level 6
Credits for Award:	15 ECT Credits
Partnership:	Dublin Coaching and Games Development has initiated and designed in partnership with IT Blanchardstown a <i>Certificate in Conditioning for Gaelic Games</i> . This innovative and enterprising initiative is the first level 6 training qualification designed, formulated, sponsored and delivered by a county board in conjunction with a third level institute of Technology.
Venue:	Institute of Technology, Blanchardstown
Target level:	Mentors interested in improving their ability to develop appropriate conditioning programs for adult teams.
Prerequisite knowledge:	Presumes no prior knowledge of science or physiology. Must have an interest in working with adult teams.
Entry Requirement:	Individuals must be a current member of a GAA Club. Must be over 18 years of age.
Module Description:	The course will focus on the theoretical and practical aspects of conditioning for Gaelic Games.
Delivery Mode:	Lecture and practical sessions delivered over two semesters comprised of Conditioning for Gaelic Games in Semester 1 (Sept-Dec) and A Sports Project in Semester 2. (Jan-June).
Class Size:	Limited to 30
Semester One Module:	<ul style="list-style-type: none"> • Introduce the basic theory underpinning the development of various fitness components. • Develop the ability to assess the various components of fitness. • Design and implement training programs to develop the various components of fitness. • Understand the role of nutrition during performance and recovery. • Other topics covered include Physical Demands of Gaelic Games, Conditioning for Gaelic Games, Functional & Performance Analysis in Gaelic Games, Training Principles and Planning, Power and Speed Development, Strength Training.
Semester Two Module:	Semester two comprises coaching theory and practice and the production of a detailed conditioning portfolio. The latter will see the student design and implement conditioning programmes in a variety of appropriate environments, producing coaching evaluations, and self analysis utilising a broad spectrum of recording methodologies.

Course Content:

DAY	DATE	TIME	UNIT	MODULE	FACILITIES
Wednesday	30 th September 2009	7.00pm – 10.00pm	1	Game Demands of Hurling & Football	Classroom
Wednesday	7 th October 2009	7.00pm – 10.00pm	2	Developing Functional Movement	Classroom
Wednesday	14 th October 2009	7.00pm – 10.00pm	3	**Functional Movement	Sports Hall
Wednesday	21 st October 2009	7.00pm – 10.00pm	4	Strength Training	Classroom
Wednesday	28 th October 2009	7.00pm – 10.00pm	5	**Strength Development	Gym with appropriate equipment
Wednesday	4 th November 2009	7.00pm – 10.00pm	6	Speed Training	Classroom
Wednesday	11 th November 2009	7.00pm – 10.00pm	7	**Speed Development	Sports hall
Wednesday	18 th November 2009	7.00pm – 10.00pm	8	Plyometrics & Agility	Sports hall with use of projector
Wednesday	25 th November 2009	7.00pm – 10.00pm	9	Conditioning	Classroom
Wednesday	2 nd December 2009	7.00pm – 10.00pm	10	Conditioning	Classroom/ pitch TBC
Wednesday	9 th December 2009	7.00pm – 10.00pm	11	Periodisation, Planning & Monitoring	Classroom
Friday	11 th December 2009	7.00pm – 10.00pm	12	Nutrition	Classroom
Wednesday	13 th January 2010	7.00pm – 10.00pm	13	Coaching	Classroom
Wednesday	20 th January 2010	7.00pm – 10.00pm	14	Coaching	Classroom
Wednesday	27 th January 2010	7.00pm – 8.30pm	15	Project / Report	Classroom

* Practical workshops in hall