

Module specification

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Refer to the module guidance notes for completion of each section of the specification.

Module code	FAW419
Module title	Introduction to Performance Science in Soccer
Level	4
Credit value	20 Credits
Faculty	FSLS
Module Leader	Sara Hilton/Dr Adam Owen
HECoS Code	100433
Cost Code	GASP

Programmes in which module to be offered

Programme title	Is the module core or option for this programme
Stand-alone Module attached to the BSc (Hons) Football Coaching and the Performance Specialist programme.	Option

Pre-requisites

None

Breakdown of module hours

Learning and teaching hours	36 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	0 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total active learning and teaching hours	36 hrs
Placement / work based learning	0 hrs
Guided independent study	164 hrs
Module duration (total hours)	200 hrs

For office use only	
Initial approval date	07/10/2021
With effect from date	07/10/2021
Date and details of revision	
Version number	1

Module aims

The main aim of this module is to expose students to soccer specific physiology where we will discuss the demands of the game in detail and give an overview of what physical, technical, tactical and psychological demands are imposed on soccer players.

Module Learning Outcomes - at the end of this module, students will be able to:

1	Discuss the physiological demands of soccer.
2	Describe the psychological demands of soccer.
3	Provide an introductory insight into soccer nutrition.
4	Explore the role of tactical periodisation and contemporary tactical trends of soccer. .
5	Explore injury reduction strategies within soccer.

Assessment

Indicative Assessment Tasks:

The assessment for the module will consist of 8 individual tasks which are based on the content of the syllabus.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1-5	Coursework	100%

Derogations

N/A

Learning and Teaching Strategies

The learning and teaching strategy is grounded in the University's commitment to an Active Learning Framework (ALF) so that learning will be both accessible and active. To promote global accessibility, the content will be delivered asynchronously with the opportunity for tutorials with the module leader.

Indicative Syllabus Outline

- Introduction to the platform
- The Demands of Soccer
- Developing Resilience in Soccer
- Game Model Building & Development
- Injury Reduction Strategies
- Leadership and Culture for High Performance Soccer
- Current Tactical Trends in European Soccer
- Soccer Nutrition and the Role of the Nutritionist
- Competitive Soccer Training Periodisation

Indicative Bibliography:

Please note the essential reads and other indicative reading are subject to annual review and update.

Essential Reads

Strudwick, T. (2016) Soccer science. Champaign, IL: Human Kinetics. ISBN: 9781450496797

Other indicative reading

Owen, A. & Dellal, A. (2016) Football conditioning: a modern scientific approach: fitness training, speed & agility, injury prevention. UK: SoccerTutor.com.

Owen, A. & Dellal, A. (2016) Football conditioning: a modern scientific approach: periodization, seasonal training, small sided games. UK: SoccerTutor.com.

Employability skills – the Glyndŵr Graduate

Each module and programme is designed to cover core Glyndŵr Graduate Attributes with the aim that each Graduate will leave Glyndŵr having achieved key employability skills as part of their study. The following attributes will be covered within this module either through the content or as part of the assessment. The programme is designed to cover all attributes and each module may cover different areas.

Core Attributes

Engaged
Creative
Ethical

Key Attitudes

Resilience
Adaptability

Practical Skillsets

Organisation
Leadership and Team working
Emotional Intelligence