

Module specification

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Module Code	FAW419
Module Title	Introduction to Performance Science in Football
Level	4
Credit value	20
Faculty	FSLS
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 aligned to the BSc (Hons) Football Coaching and the Performance Specialist programme for QA and assessment purposes.	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



For office use only	
Date and details of revision	07/06/2024 – updated module title, updated terminology with immediate implementation.
Version number	2

Module aims

The main aim of this module is to expose students to football 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 football players.

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

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

Assessment

Indicative Assessment Tasks:

This section outlines the type of assessment task the student will be expected to complete as part of the module. More details will be made available in the relevant academic year module handbook.

The assessment for the module will consist of 8 individual tasks based on each lecture topic. The tasks will demonstrate the student's knowledge in each topic.

Tasks will consist of the following:

4 x short MCQ

2 x session design tasks

2 x short essays



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. This module will be delivered via distance learning through the use of the University's virtual learning platform, Moodle. Each module topic will consist of a 1 hour asynchronous lecture (split into 3 x 20 minute videos), lecture tasks and reading.

Indicative Syllabus Outline

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

