

Module specification

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Module Code	FAW425
Module Title	Football Science: Understanding Player Performance
Level	4
Credit value	20
Faculty	FSLS
HECoS Code	100095
Cost Code	GASP
Pre-requisite module	N/A

Programmes in which module to be offered

Programme title	Core/Optional/Standalone
BSc (Hons) Football Coaching and the Performance Specialist	Core

Breakdown of module hours

Learning and teaching hours	20 hrs
Placement tutor support hours	0 hrs
Supervised learning hours e.g. practical classes, workshops	16 hrs
Project supervision hours	0 hrs
Active learning and teaching hours total	36 hrs
Placement hours	0 hrs
Guided independent study hours	164 hrs
Module duration (Total hours)	200 hrs

Module aims

- Introduce the role of sport science within football, particularly with regards to the physiological principles of performance.
- To explore the application of sport science principles in football, focusing on performance optimisation and player development.
- To equip students with practical skills to analyse and interpret football-specific performance data.

Module Learning Outcomes

At the end of this module, students will be able to:

1	Review literature relating to the use of technology in analysing performance in football
2	Produce a set of appropriate research aims and hypotheses
3	Justify selected protocols and procedures used to collect data
4	Statistically analyse data collected from field based practical work to correct standards
5	Discuss data collected in relation to tactical decisions and training recommendations in football contexts
6	Produce written work that meets academic standards

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.

Written Assignment – Students will look to collate the data supplied by the module leader to write a 2500 word report. Student will be required to detail the procedures and findings in relation to the football environment. The report will include the following:

- Introduction
 - Background and Literature Review
 - Aim of the report
- Method
 - Data Sourced
 - Tools used
 - Participants
 - Procedure
 - Data Analysis
- Results
 - Tables/Charts
 - Comparisons
- Discussion
 - Interpret findings
 - Contextualise
 - Compare with the literature
 - Limitations
- Conclusion

- Summarise key insights
- Restate key information
- Suggestions for future research

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1-6	Written Assignment	2500	100	N/A

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 and include synchronous and asynchronous elements. Face to face classroom teaching will be supplemented by online lectures wherein students will be expected to complete activities such as watching Panopto videos; undertake additional reading; complete quizzes and exercises; and post comment for a-synchronous debate. These activities will be the subject of formative feedback by the module tutor. Added to this, will be access to staff who provide presence, challenge and support for student learning and can relate learning to real world uses.

Welsh Elements

The programmes will be delivered through the medium of English. Students are entitled to submit assessments in the medium of Welsh. If students wish to converse in Welsh, they will be assigned a Welsh speaking personal tutor. Students will be sign posted to relevant opportunities via the VLE and MS Teams page.

Indicative Syllabus Outline

- The physiological demands of football
- Muscular skeletal system
- Cardiovascular system
- Energy Systems
- Field based testing
- HR monitoring & Rate of Perceived Exertion (RPE)
- Body Composition
- Training principles
- Reporting data
- Introduction to Statistics
- Communication: Feedback Loop
- The Physical Pillar in Practice

Indicative Bibliography

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

Essential Reads

McArdle, W. Katch, F. I. Katch, V. L. (2023). *Exercise Physiology: Nutrition, Energy and Human Performance*. 9th ed. Philadelphia. Wolters Kluwer Health/ Lippincott Williams & Wilkins.

Other indicative reading

Owen, A. (2014), *Football Science and Performance Coaching: Develop and Elite Coaching Methodology with Applied Coaching Science* (ed.). Maidenhead, UK: Meyer & Meyer Sport (UK) Ltd.

Power, S.K. and Howley, E.T. (2017), *Exercise Physiology. Theory and Application to Fitness and Performance*. 10th ed. New York: McGraw-Hill.

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

Administrative Information

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