

Module specification

When printed this becomes an uncontrolled document. Please access the **Module Directory** for the most up to date version by clicking on the following link: [Module directory](#)

Module Code	FAW513
Module Title	Football Coaching to Enhance Performance
Level	5
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 Performance Specialist	Core

Breakdown of module hours

Learning and teaching hours	30 hrs
Placement tutor support hours	0 hrs
Supervised learning hours e.g. practical classes, workshops	0 hrs
Project supervision hours	0 hrs
Active learning and teaching hours total	30 hrs
Placement hours	10 hrs
Guided independent study hours	160 hrs
Module duration (Total hours)	200 hrs

Module aims

- Evaluate the various pedagogical approaches to enhance the development of players within football.
- Provide students with the opportunity to appraise the application of coaching through the medium of reflective practice.
- Enhance professional practice and personal development within the football environment.

Module Learning Outcomes

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

1	Plan football specific practical sessions aligned with the NGB awarding body.
2	Apply coaching theory to inform and influence practice.
3	Evaluate the practice of sports coaching through reflective practice.
4	Integrate relevant sports science concepts into a specific practical session to optimise player development and performance.

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.

Assessment 1: Practical - You will deliver a football specific session aligned to the appropriate NGB award. The topic of the session will be allocated by the module leader. You will demonstrate an ability to apply pedagogical theory to the practical setting. Your method of intervention and communication will be aligned to the mode of practice being delivered and the principle/topic of the session. A full session plan will be submitted to their respective coach mentor 24 hours prior to delivery.

Assessment 2: Presentation - You will provide a verbal explanation of the session plan you delivered for the practical; providing your rationale and key aspects of the session. You will then utilise the footage of your delivery to provide an evaluative reflective verbal presentation of your coaching performance. You will draw upon contemporary pedagogical theory to underpin your reflective account.

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1-2	Practical	10 minutes	50	N/A
2	3-4	Presentation	25 minutes	50	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 Coaching Process
- The Learning Environment
- Observational Coaching
- Interventions and Demonstrations
- Augmented Feedback vs Task Intrinsic Feedback
- Linear vs Non-Linear Pedagogy
- Game Sense Approach and TGFU
- Developing Resilient Players
- Being a Reflective Practitioner

Indicative Bibliography

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

Essential Reads

Cassidy, T., Potrac, P., Rynne, S. (2023). *Understanding Sports Coaching: The Pedagogical, Social and Cultural Foundations of Coaching Practice*. Taylor & Francis: United Kingdom.

Other indicative reading

Owen, A. (2023). *Football Science and Performance Coaching: Develop an Elite Coaching Methodology with Applied Coaching Science*. Meyer & Meyer Sport: Germany.

Administrative Information

For office use only	
Initial approval date	08/12/2021
With effect from date	01/09/2022
Date and details of revision	July 2025 – module updated with sports validation for Sept 2025
Version number	2