

## Module specification

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Module Code	FAW517
Module Title	Football Science: Optimising Player 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	15 hrs
Placement tutor support hours	0 hrs
Supervised learning hours e.g. practical classes, workshops	15 hrs
Project supervision hours	0 hrs
<b>Active learning and teaching hours total</b>	<b>30 hrs</b>
Placement hours	0 hrs
Guided independent study hours	170 hrs
<b>Module duration (Total hours)</b>	<b>200 hrs</b>

### Module aims

- To provide an introduction of performance-related football coaching and the demands of the high performance and contemporary environment.
- In-keeping with industry, the students will be challenged to deliver football practices underpinned by contemporary theory and practice.
- Introduce the students to the employment landscape and demands of the respective environments.

## Module Learning Outcomes

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

1	Analyse physiological test data in relation to the demands of football.
2	Design a series of football specific practices to enhance the physiological output of players.
3	Justify the chosen methodology of practice design in accordance with a specific physical component.
4	Demonstrate consideration and integration of the four pillars within practice design

## 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: Presentation** - Students will receive specific game related data sets from the module leader. Students will identify a specific set of data from within the data set and will create a football-based practice that looks to target a specific physical component aligned to the data. Students will demonstrate multidisciplinary approach within their design.

Presentations should include the following:

- Introduction to the specific physical component
- Rationale of choosing the specified physical component
- Tactical integration e.g. principle of play
- Tactical problems and solutions
- Timings & duration
- Microcycle information e.g. match day –1
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**Assessment 2: Portfolio** - Design 4 football specific practices to enhance the physiological output of players whilst also considering the technical and tactical components of practice. These session plans will be aligned to the relevant NGB structure and can also be utilised as part of the coursework within the NGB course. Each session should include the following:

- Principle of Play/Topic
- Microcycle Information e.g. Match Day –1 etc.
- Physical Component

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1-2	Presentation	20 minutes	50	N/A
2	3-4	Portfolio	2000 words	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 application of specific training principles within football
- Growth and maturation considerations
- Pitch based conditioning
- The use of GPS within a football context
- Practical responses to Rate of Perceived Exertion (RPE)
- Individualised testing
- Age specific player monitoring
- Skill acquisition within football
- Physical considerations of football (UEFA B Licence)
- Introduction to football periodisation

## Indicative Bibliography

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

## Essential Reads

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

## Other indicative reading

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

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.

## Administrative Information

For office use only	
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