

Module specification

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

Module code	FAW417
Module title	Introduction to Walking Football
Level	4
Credit value	10
Faculty	Social and Life Sciences
Module Leader	Sara Hilton
HECoS Code	100095
Cost Code	GASP

Programmes in which module to be offered

Programme title	Is the module core or option for this programme
Standalone module as part of the BSc (Hons) Football Coaching and the Performance Specialist	Option

Pre-requisites

None

Breakdown of module hours

Learning and teaching hours	10 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	8 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total active learning and teaching hours	18 hrs
Placement / work based learning	0 hrs
Guided independent study	82hrs
Module duration (total hours)	100 hrs

For office use only	
Initial approval date	22/09/2020
With effect from date	30/11/2020
Date and details of revision	
Version number	1

Module aims

- Provide an introduction to the concept of community sports development, with a specific focus upon football.
- Gain overview of the challenges and barriers faced by specific population target groups.
- Provide an opportunity for students to develop key transferable skills which will enhance their employability within the applied environment.

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

1	Demonstrate an understanding of the rules and regulations of walking football.
2	Design a walking football session for a specific demographic within society.
3	Discuss the benefits of walking football within various demographic groups within society.

Assessment

Indicative Assessment Tasks:

Portfolio

The portfolio will provide evidence of the student's journey on the course. Within the pre-constructed portfolio, there will be several task sheets pertaining to the online asynchronous content of the module. The student will be required to complete the portfolio tasks to evidence their engagement in the module.

Oral Assessment

Part 1: The students will be required to design a 45 minute walking football session for a specific demographic within society. The session will be comprised of the following sections:

- Warm Up
- Technical Practice
- SSG
- Cool Down

Part 2: The student will present/discuss the session with the module leader and engage in 10 minutes of questions pertaining to the session.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1, 3	Portfolio	60%
2	2	Oral Assessment	40%

Derogations

N/A

Learning and Teaching Strategies

This module will be delivered via blended learning videos (asynchronous) and one practical day (synchronous).

Indicative Syllabus Outline

Week 1	Week 2	Week 3	Week 4	Week 5
<ul style="list-style-type: none"> Course Introduction Purpose and Benefits of Walking Football Rules and Regulations 	<ul style="list-style-type: none"> Different population groups Engaging the community 	<ul style="list-style-type: none"> Injury Risks Screening Tests and Re-Tests. 	<ul style="list-style-type: none"> Session Design Warm Up and Cool Down Techniques 	<ul style="list-style-type: none"> Technical and Tactical Output Analysis of different KPI's
<p>Practical Day 9am – 4pm Practical Topics covered:</p> <ul style="list-style-type: none"> - Screening Tests & Injury/Fall Risks - Health and Safety of the Practical Environment - Facilitating and Leading Walking Football Sessions - Applied Demonstration of the Rules and Regulations - Coursework 2: Oral Assessment to Module Leader 				

Indicative Bibliography:

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

Essential Reads

Arnold, J. T., Bruce-Low, S., and Sammut, L. (2015). The Impact of 12 Weeks Walking Football on Health and Fitness in Males Over 50 Years of Age. *British Medical Journal of Open Sport and Exercise Medicine*. 1 (1), 1-5.

Other indicative reading

Hubball, H., and Reddy, P. (2015). The Impact of Walking Football: Effective Team Strategies for High Performance Veteran Players'. *Journal of Sports Pedagogy and Physical Education*. 6 (1), 13-27.

Reddy, P., Dias, I., Holland, C. A., Campbell, N., Nagar, I., Connolly, L., Krustup, P., and Hubball, H. (2017). Walking Football as Sustainable Exercise for Older Adults – A Pilot Investigation. *European Journal of Sport Science*. 17 (1), 1-8.

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. [Click here to read more about the Glyndwr Graduate attributes](#)

Core Attributes

Engaged
Enterprising
Creative
Ethical

Key Attitudes

Commitment
Curiosity
Resilience
Confidence
Adaptability

Practical Skillsets

Digital Fluency
Organisation
Leadership and Team working
Critical Thinking
Emotional Intelligence
Communication