

Module specification

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

Module code	FAW423
Module title	Introduction to Sport Science in Football
Level	4
Credit value	20
Faculty	FSLS
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
BSc (Hons) Football Coaching and the Performance Specialist	Core

Pre-requisites

N/A

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	01/02/2022
With effect from date	01/09/2022
Date and details of revision	
Version number	1

Module aims

This module aims to provide an introduction to the role of sport science within football, particularly with regards to the physiological principles of performance.

The module will provide an opportunity for students to investigate the complex systems within the human body and adopt appropriate methods to monitor the development of the bodily systems within a football context.

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

1	Define the key anatomical functions and physiological system in and their interaction in the human body in relation to football performance.
2	Demonstrate the ability to collect, collate and statistically analyse physiological data.
3	Identify and demonstrate how to conduct a specific group based physiological field test.
4	Describe the body's acute physiological responses during a football specific activity.
5	Evaluate the process and practice of physiological field based testing through reflective practice.

Assessment

Indicative Assessment Tasks:

Portfolio

The portfolio will showcase the students' knowledge within the subject and consist of the following components:

- 8 short open book in-class MCQ
- 1 completed data collection sheet (field based test)
- Reflective Essay 1000 words

Written Assignment

Students will look to collate the data collected from the field based test to write a 2000 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
- Method
- Results
- Discussion
- Conclusion

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1, 2 & 5	Portfolio	50
2	3 & 4	Written Assignment	50

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.

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

- Physical considerations of football (FAW C Certificate)
- Physical considerations of LTAD

Indicative Bibliography:

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

Essential Reads

Martini, F.N. Nath, J.L. Bartholomew, E.F. (2018), *Fundamentals of Anatomy and Physiology*. 11th ed. Upper Saddle River, NJ: Pearson.

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.

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

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.

Core Attributes

Engaged
Enterprising
Creative
Ethical

Key Attitudes

Commitment
Curiosity
Resilience
Confidence
Adaptability

Practical Skillsets

Digital Fluency
Organisation
Critical Thinking
Emotional Intelligence
Communication