

Module specification

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

Module code	FAW514
Module title	Football Science: The Physical Performance of Players
Level	5
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	30 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	30 hrs
Placement / work based learning	0 hrs
Guided independent study	170 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 support the student in gaining further theoretical and practical knowledge of the physical and physiological considerations of practice within the football environment.

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

1	Conduct an appropriate field based test within the football context.
2	Evaluate and analyse physiological test data in relation to the demands of football.
3	Design a series of football specific practices to enhance the physiological output of players.
4	Demonstrate consideration and integration of the four pillars within practice design.

Assessment

Indicative Assessment Tasks:

Coursework:

The student will showcase their knowledge and application of the subject through completing and engaging in the following coursework components:

Conduct a field based physiological test within the football environment and record the relevant data output utilising the pre-constructed data collection sheet.

Evaluate the data in relation to the needs and demands of the sport (1500 words).

Portfolio:

Design 8 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.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1 & 2	Coursework	60
2	3 & 4	Portfolio	40

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 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 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

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

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.

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