

## Liverpool John Moores University

Title: SCIENCE AND FOOTBALL FOUNDATIONS  
Status: Definitive  
Code: **4101SPFOOT** (125527)  
Version Start Date: 01-08-2021  
  
Owning School/Faculty: Sport and Exercise Sciences  
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
Allistair McRobert	Y

**Academic Level:** FHEQ4      **Credit Value:** 20      **Total Delivered Hours:** 50  
**Total Learning Hours:** 200      **Private Study:** 150

### Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	24
Seminar	24

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Essay	Essay	50	
Exam	Exam	Multiple Choice and Short Answer Exam	50	2

### Aims

*The module aims to introduce and develop the student's knowledge and understanding of the multifaceted role of science in football, by introducing key aspects of physiology, psychology, skill acquisition, sociology, performance / match analysis, and biomechanics in football*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Describe the roles of the sport and exercise scientist in the disciplines of physiology, psychology, skill acquisition, sociology, biomechanics, performance / match analysis working in football.
- 2 Evaluate the importance of the sport science disciplines of physiology, psychology, skill acquisition, sociology, biomechanics, and performance / match analysis in supporting elite performance.

## Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Essay	1	2
Exam	1	2

## Outline Syllabus

*Introduction to Physiology of Football*

*Introduction to Psychology of Football*

*Introduction to Skill Acquisition in Football*

*Introduction to Sociology of Football*

*Introduction to Biomechanics of Football*

## Learning Activities

Students are expected to attend time-tabled lectures/seminars and are encouraged to utilise the available directed learning/tutorial time to get advice from the module staff and/or conduct essential reading. Some of the teaching sessions will contain seminars where students engage in personal development tasks. In addition, students will be expected to engage in a significant amount of private study. Students should complete the required and recommended reading to widen their knowledge and understanding, along with their ability to evaluate material. Students will be required to provide evidence of this in the production of their coursework and an in-class test.

## Notes

This module is designed to introduce and develop the student's knowledge of science in football in the core disciplines of physiology, psychology, skill acquisition, sociology, biomechanics, and performance / match analysis, and to apply these concepts and techniques to develop professional and personal knowledge.