

Liverpool John Moores University

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Title: APPLIED SCIENCE AND FOOTBALL 2
Status: Definitive
Code: **5003SPFOOT** (117524)
Version Start Date: 01-08-2016

Owning School/Faculty: Sport and Exercise Sciences
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
Matthew Andrew	Y
Allistair McRobert	
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Paul Ford	
Martin Littlewood	

Academic Level: FHEQ5 **Credit Value:** 24 **Total Delivered Hours:** 56
Total Learning Hours: 240 **Private Study:** 184

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	46
Tutorial	4
Workshop	6

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	report 1	Client feedback report 1	40	
Report	report 1	Client feedback report 2	30	
Report	report 1	Client feedback report 3	30	

Aims

The module aims to develop students' knowledge and skills to evaluate and apply multidisciplinary scientific principles that influence development and performance in a range of football related contexts. It also provides controlled opportunities and contextualised learning to better prepare students for applying scientific principles in practice.

Learning Outcomes

After completing the module the student should be able to:

- 1 Evaluate football performance using sports science methodologies.
- 2 Apply evidence-based principles from sports science to the development and performance of players, teams and coaches.
- 3 Develop and feedback evaluations and evidence-based recommendations to staff in a football club.

Learning Outcomes of Assessments

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

Client feedback report 1	1	2	3
Client feedback report 2	1	2	3
Client feedback report 3	1	2	3

Outline Syllabus

Coaching: practice structure, instruction and feedback

Systematic observation

Use of Sportscode Gamebreaker Software

Physiology training

Sport psychology interventions: needs, training, and culture

Learning Activities

Students are expected to attend time-tabled lectures and are encouraged to utilise the available directed learning/private study time to get advice from module staff and/or conduct essential reading. Some of the teaching sessions will contain group-work, practical and laboratory based activities where students will be required to use their analytical, statistical and problem-solving skills to enhance their own learning. Students should complete the required and recommended reading to widen their knowledge and understanding and their ability to evaluate and apply material. Students will be required to evidence this in the production of their coursework.

Notes

This module is designed to develop the students knowledge and understanding of factors that contribute to effective training programme design within professional football. This will be evaluated by the completion of the relevant assessment tasks. This module will incorporate support strategies in an attempt to ensure student progression. This will include feed forward and feedback on assessment and personal tutorial support.