

Liverpool John Moores University

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Title: PHYSIOLOGY OF FOOTBALL
Status: Definitive
Code: **5005SPFOOT** (117526)
Version Start Date: 01-08-2016

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

Team	Leader
Tom Brownlee	Y
Barry Drust	

Academic Level: FHEQ5 **Credit Value:** 24 **Total Delivered Hours:** 42
Total Learning Hours: 240 **Private Study:** 198

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	20
Off Site	6
Practical	6
Seminar	10

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	SCJA	Short Communication	50	
Presentation	TP	Training Principles	50	

Aims

1. To develop the student's theoretical knowledge and understanding of factors that contribute to effective training programme design in football

2. To examine the physiological responses to football-specific intermittent exercise patterns.

Learning Outcomes

After completing the module the student should be able to:

- 1 Explain the physiological changes resulting from aerobic, anaerobic and strength training
- 2 Examine the training principles relating to fitness parameters important for football
- 3 Discuss the physiological and metabolic response to exercise, specifically the football-specific intermittent exercise pattern

Learning Outcomes of Assessments

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

Short communication	1	
Training Principles	2	3

Outline Syllabus

Physiology of intermittent exercise X3
Labs X4
Intermittent exercise and fatigue X2
Nutritional strategies for intermittent exercise
Principles of training X3
Strength training X2
Aerobic training X2
Anaerobic training X2
Flexibility training
Assessment
Module evaluation

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

The factors that contribute to effective training programme design in football and the physiological responses to football-specific intermittent exercise patterns will be evaluated in the module syllabus.