

Liverpool John Moores University

Title: PHYSIOLOGY OF FOOTBALL
Status: Definitive
Code: **5102SPFOOT** (123218)
Version Start Date: 01-08-2021

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

Team	Leader
Tom Brownlee	Y
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Academic Level: FHEQ5 **Credit Value:** 20 **Total Delivered Hours:** 47
Total Learning Hours: 200 **Private Study:** 153

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	14
Off Site	8
Practical	12
Seminar	1
Tutorial	4
Workshop	8

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	Report	Laboratory report	70	
Presentation	Pres	Adaptations of training presentation	30	

Aims

To examine the physiological responses to football-specific intermittent exercise

patterns.

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

Learning Outcomes

After completing the module the student should be able to:

- 1 Discuss the physiological and metabolic response to football-specific intermittent exercise.
- 2 Explain and evaluate the physiological changes resulting from aerobic, anaerobic, flexibility and strength training in football.

Learning Outcomes of Assessments

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

Laboratory report	1
Adaptations presentation	2

Outline Syllabus

Teaching and learning methods will include lectures, workshops, lab and gym-based practical's. The taught component of the programme looks at:

- *Physiology of intermittent exercise*
- *Intermittent exercise and fatigue*
- *Principles of training*
- *Strength training*
- *Aerobic training*
- *Anaerobic training*
- *Flexibility training*

Learning Activities

Students are expected to attend time-tabled lectures and are encouraged to utilize the available directed learning/private study time to get advice from module staff and/or conduct essential reading. Data collection within the laboratories will be undertaken by students in groups to collect their essential data for their assessment 1. Students should complete the required and recommended reading to widen their knowledge and understanding.

Notes

This module is designed to develop an understanding of the underlying physiological and metabolic responses to the intermittent exercise pattern observed in football. Furthermore, this module is designed to develop an understanding of the principles required to develop training programmes for football players. The module content will include both theoretical information and practical skills for specific fitness parameters.