

Liverpool John Moores University

Title: PERSONAL DEVELOPMENT AND PROFESSIONAL TRAINING
Status: Definitive
Code: **6101SPFOOT** (123222)
Version Start Date: 01-08-2021

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

| Team | Leader |
|-------------------|--------|
| Martin Littlewood | Y |

Academic Level: FHEQ6
Credit Value: 20
Total Delivered Hours: 50
Total Learning Hours: 200
Private Study: 150

Delivery Options

Course typically offered: Semester 1

| Component | Contact Hours |
|-----------|---------------|
| Lecture | 4 |
| Off Site | 16 |
| Seminar | 12 |
| Tutorial | 2 |
| Workshop | 16 |

Grading Basis: 40 %

Assessment Details

| Category | Short Description | Description | Weighting (%) | Exam Duration |
|--------------|-------------------|---------------------|---------------|---------------|
| Presentation | Workshop | Workshop Assessment | 50 | |
| Essay | Debate | Debate Essay | 50 | |

Aims

1. To develop students' ability to synthesise and critically analyse scientific research around a range of multi-disciplinary current topics and issues in football.
2. To develop students' ability to present the synthesis in a format suitable for the

workplace and through debate.

Learning Outcomes

After completing the module the student should be able to:

- 1 Synthesize and critically analyse research around current topics and issues
- 2 Present evidence-based support or contradiction on current topics and issues through presentation and debate

Learning Outcomes of Assessments

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

| | | |
|---------------------|---|---|
| Workshop Assessment | 1 | 2 |
| Debate Essay | 1 | 2 |

Outline Syllabus

Teaching and learning methods include lectures, tutorials, seminars, debates and workshops. The taught component of the module explores a range of current issues within football that cover: social, psychological, cultural, physiological, biomechanical, and performance analysis aspects of football. Some specific topics include:

- *Mental health*
- *Player transitions and migration*
- *Physiological training*
- *Performance analysis*
- *Player load*
- *Player development*
- *Expertise*
- *Diet, nutrition and supplementation*
- *Managing performance*

Learning Activities

Students are expected to attend time-tabled lectures, workshops and seminars 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 sessions will contain individual and group-work in which students will be required to use their analytical, presentation and independent learning 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 and completion of their assessments.

Notes

This module is designed to introduce students to a number of multi-disciplinary and contemporary issues in professional football. It also attempts to develop the students' ability to design, deliver and evaluate workshop based material that is relevant to the football industry. The module will be evaluated by the completion of appropriate 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.