

Summary Information

Module Code	6111SPFOOT
Formal Module Title	Biomechanics of Football
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 6
Grading Schema	40

Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

Learning Methods

Learning Method Type	Hours
Lecture	22
Off Site	8
Practical	4
Seminar	6
Workshop	6

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
JAN-CTY	CTY	January	12 Weeks

Aims and Outcomes

Aims	The aim of this module is to examine biomechanics of football skills and risk factors for injury. The module develops the students' understanding of biomechanical factors related to football skills, equipment and injury prevention and their ability to critically analyse these concepts.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Conduct an experimental analysis of a football skill and interpret and critically analyse the findings
MLO2	2	Evaluate a football skill from a biomechanical perspective
MLO3	3	Evaluate injury risk in football from a biomechanical perspective

Module Content

Outline Syllabus	Advance knowledge of methods used in football biomechanics research. Fundamental review of motion and force measurement. Performance analysis of a football skill. Collection of kinematic data for assessment of a football skill. Assessing the equipment (boots and surfaces) used in football. Biomechanical support of elite performers in relation to performance and injury prevention.
Module Overview	This module enables you to examine the biomechanics of football skills and risk factors for injury. The module develops your understanding of biomechanical factors related to football skills, equipment and injury prevention, alongside your ability to critically analyse these concepts.
Additional Information	This module focuses on the quantification of football skills from both a performance and injury prevention perspective. Students experience kinematic data collection in the laboratory and are shown how the data is processed towards final assessment of the performance or risk factors for injury. Sports injury aspects are also expanded with taught material on football equipment (boots and surfaces).

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Essay	Analysis Report	50	0	MLO1
Centralised Exam	Exam	50	2	MLO2, MLO3

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Mark Lake	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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