

### Summary Information

Module Code	6113SPFOOT
Formal Module Title	Physiology 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	14
Off Site	8
Practical	12
Tutorial	6
Workshop	8

### Module Offering(s)

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

### Aims and Outcomes

Aims	To develop students' ability to examine and critically analyse the physiological responses to football-specific intermittent exercise patterns. Develop students' theoretical knowledge and understanding on the factors that contribute to effective training programme design in football and develop their ability to critically analyse the research evidence associated with these factors.
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**After completing the module the student should be able to:**

### Learning Outcomes

Code	Number	Description
MLO1	1	Discuss and critically analyse the physiological and metabolic response to football-specific intermittent exercise
MLO2	2	Explain and critically evaluate the physiological changes resulting from aerobic, anaerobic, flexibility and strength training in football

### Module Content

Outline Syllabus	Physiology of intermittent exercise Intermittent exercise and fatigue Principles of training Strength training Aerobic training Anaerobic training Flexibility training
Module Overview	This module develops your ability to examine and critically analyse the physiological responses to football-specific intermittent exercise patterns. It will develop your theoretical knowledge and understanding on the factors that contribute to effective training programme design in football. It will also develop your ability to critically analyse the research evidence associated with these factors.
Additional Information	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.

### Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Report	Report	70	0	MLO1
Presentation	Presentation	30	0	MLO2

### Module Contacts

#### Module Leader

Contact Name	Applies to all offerings	Offerings
Kevin Enright	Yes	N/A

#### Partner Module Team

Contact Name	Applies to all offerings	Offerings
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