**Liverpool** John Moores University

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| Title: | PHYSIOLOGY OF FOOTBALL |
| Status: | Definitive |
| Code: | **6113SPFOOT** (125532) |
| Version Start Date: | 01-08-2021 |
| Owning School/Faculty: | Sport and Exercise Sciences |
| Teaching School/Faculty: | Sport and Exercise Sciences |

| Team | Leader |
|---|---|
| Kevin Enright | Y |

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| **Academic Level:** | FHEQ6 | **Credit Value:** | 20 | **Total Delivered Hours:** | 48 |
| **Total Learning Hours:** | 200 | **Private Study:** | 152 | | |

**Delivery Options**
Course typically offered: Semester 2

| Component | Contact Hours |
|---|---|
| Lecture | 14 |
| Off Site | 8 |
| Practical | 12 |
| Tutorial | 6 |
| Workshop | 8 |

**Grading Basis:** 40 %

**Assessment Details**

| Category | Short Description | Description | Weighting (%) | Exam Duration |
|---|---|---|---|---|
| Report | Report | Report | 70 | |
| Presentation | Presentati | Presentation | 30 | |

**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.*

## Learning Outcomes

After completing the module the student should be able to:

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| 1 | Discuss and critically analyse the physiological and metabolic response to football-specific intermittent exercise |
| 2 | Explain and critically 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:

| | |
|---|---|
| Report | 1 |
| Presentation | 2 |

## Outline Syllabus

*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 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 and other assessments.

## 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.