

Physical Performance in Football

Module Information

2022.01, Approved

Summary Information

Module Code	6302SPS
Formal Module Title	Physical Performance in 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	16
Practical	8
Seminar	16
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 and/or mechanical responses to football-specific exercise. 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 for a range of populations.
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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 metabolic and/or mechanical responses to football-specific exercise.
MLO2	2	Explain and critically evaluate how to implement evidence-based training across the micro cycle and how they can apply to different populations.

Module Content

Outline Syllabus	Philosophy of Practice Anxiety, stress & coping Approaches to applied practice Lab and/or field-based measurement of physical function in football The mechanisms of fatigue Principles of training / periodisation Strength training in football (adaptation/programming/measurement) Training load theory & Practice in football (internal/external load) Aerobic & Anaerobic training (adaptations and prescription) Injury & return to play Growth and maturation and youth athletes Female athlete physiology Concurrent training and macrocycle scheduling Nutrition for performance / periodisation
Module Overview	
Additional Information	BUES mapped.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Report	Report (Short Communication)	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