

Summary Information

Module Code	6501YAUPE
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	20
Practical	10
Seminar	10

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-PAR	PAR	September	12 Weeks

Aims and Outcomes

Aims	This module is designed to develop an understanding of the underlying physiological and metabolic responses to the intermittent exercise pattern observed in football. Other content will discuss nutritional strategies to improve football performance and resist fatigue. In addition, this module is designed to develop a critical understanding of the principles required to develop training programmes for football players.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Discuss the physiological and metabolic response to exercise, with an ability to compare and contrast to continuous and football-specific intermittent exercise patterns.
MLO2	2	Explain and evaluate the physiological changes resulting from aerobic, anaerobic and strength training in football.
MLO3	3	Examine the training principles relating to fitness parameters important for football.
MLO4	4	Critically analyse nutritional strategies of professional football players

Module Content

Outline Syllabus	Teaching and learning methods will include lectures, workshops, lab and gym-based practicals. The taught component of the programme looks at: • Physiology of intermittent exercise. • Intermittent exercise and fatigue. • Nutritional strategies. • Principles of training. • Periodisation. • Strength training. • Aerobic training. • Anaerobic training. The module content will include both theoretical information and practical skills that contribute to effective physiological training in football.
Module Overview	
Additional Information	Students will be expected to engage with and contribute to the learning environment through discussion and practice (in various physical football contexts). The module aims to develop the students' conceptual and applied knowledge and understanding of physiology in football, with particular reference to the manipulation of training variables in the development of elite level players. It will encourage students to apply theoretical and applied processes relevant to training and testing of players in professional football.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Exam	Exam	50	2	MLO1, MLO4
Essay	Essay	50	0	MLO2, MLO3

Module Contacts