

## Liverpool John Moores University

Title: Physiology of Football  
Status: Definitive  
Code: **6501YAUPE** (127916)  
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences  
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
Tom Brownlee	Y

**Academic Level:** FHEQ6  
**Credit Value:** 20  
**Total Delivered Hours:** 42  
**Total Learning Hours:** 200  
**Private Study:** 158

### Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	20
Practical	10
Seminar	10

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	Exam	Physiology and Nutrition in Football Exam	50	2
Essay	Essay	Essay on Training Mechanisms in Football	50	

### 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.*

## Learning Outcomes

After completing the module the student should be able to:

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

## Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Exam	1	4
Essay	2	3

## 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.*

## Learning Activities

Teaching and learning methods include lectures, seminars and practical sessions.

## Notes

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.