



MSc FOOTBALL SCIENCE AND REHABILITATION

The MSc Football Science and Rehabilitation degree allows you to enhance your knowledge in the Sports Science environment. The module content has been designed to provide a high quality education for those students aspiring to work in the field of Football Science and Rehabilitation.

The course presents a range of options for study from a postgraduate certificate to a full Master of Science programme. The programme is suitable for you if you wish to enhance your skills and knowledge in various areas including Sports Conditioning, Performance and Injury Rehabilitation.

COURSE DELIVERY

The programme has been structured to be delivered in short intensive blocks, with a strong emphasis on independent study, blended learning, Problem Based Learning (PBL) tasks and production of an evidence based portfolio.

The course is mainly taught in small groups. The seminars feature guest lecturers, which include well-known speakers in the field of football. Alongside this, the course is taught in an environment that encompasses lab based, gym based and field based activities that help you transition into the practical working environment.

ACCREDITATION

On completion of 60 credits you can be awarded a Postgraduate Certificate in Football Studies, on completion of 120 credits you can be awarded the Postgraduate Diploma in Football Science and Rehabilitation and on completion of 180 credits, which must include the dissertation, you will be awarded MSc Football Science and Rehabilitation.

Some of the modules are also available to complete as standalone CPD modules where no assessment will be completed, but you will be awarded the associated hours of CPD through certification. Please turn over for more information on these modules.

MODULE CONTENT

Compulsory Modules

- Injury Management in Football*
- Research & Ethical Considerations for Sports Practitioners
- Dissertation Module

Option Modules (pick four)

- Contemporary Rehabilitation in Football*
- Professional Practice (Distance Learning)*
- Strength and Conditioning for Football*
- Football Performance*
- Analytics in Football*

**Available as a standalone module.*

FOOTBALL SCIENCE AND REHABILITATION CPD MODULES

INJURY MANAGEMENT IN FOOTBALL (HI4103)

28-30 September 2020

The module provides the student with an opportunity to develop practical and theoretical skills in the understanding of rehabilitation specific to football.

It concentrates on the earlier stages of rehabilitation up to and including later stage rehabilitation in the gymnasium setting. The module aims to link 'on the pitch' handling to further management and planning of care pathways available to the injured athlete.

The module also provides students with a sound base of certain strategies and policies that the Football Association adopt in respect of the prevention, recognition, reduction of injuries and the general welfare of the footballer.

ANALYTICS IN FOOTBALL (HI4100)

18-20 January 2021

This module aims to give students an introduction to the development of performance analysis and sports analytics in football and other elite team and individual sports.

There is a focus on the principal analytical methods used in sports analytics and the decision-making processes used at elite level.

Students will learn about analytics as evidence-based practice, statistical analysis of performance data and notational analysis and data collection. Looking at examples such as the Moneyball story, the module looks at the development of analytics in other related sports and the future of sports analytics.

CONTEMPORARY REHABILITATION IN FOOTBALL (HI4101)

5-7 October 2020

The module concentrates on later stages of rehabilitation including the functional stage in field based setting.

The module aims to link the earlier stages of rehabilitation with the need for detailed testing and training at the final stage prior to the footballer returning to train with the fit and healthy squad.

The module provides students with a platform to discuss and debate key current concepts and issues of football rehabilitation.

The module looks at everything from rehabilitation issues around common football related injuries to post-surgical rehabilitation strategies for specific football related injuries.

FOOTBALL PERFORMANCE (HI4102)

11-13 January 2021

A multi-disciplinary consideration of sport and exercise science within football. The module considers factors pertinent to the role performed by sport and exercise scientists at professional football clubs, considering all aspects of the physical and physiological development and preparation of players.

The periodisation of the competitive season and training week, the nutritional demands of professional sport, the trainability of those physiological systems contributing to performance, and the increasing use of innovative technologies are all considered within this module.

The module also investigates the overlap between scientist and therapist and their integration within a sports medicine team.

STRENGTH AND CONDITIONING FOR FOOTBALL (HI4104)

10-12 May 2021

The aim of this module is to develop students' knowledge in the area of strength training and conditioning through analysing current research and practical issues.

With a focus on football specific training, the module will include topics such as speed and endurance training and development, strength and power assessment and maximal power training.

The module also covers some of the more complex training considerations associated with football.

PROFESSIONAL PRACTICE (HI4105)

Online – dates can be agreed

This online module can be taken at any agreed time and aims to allow students to research in-depth, a self-directed area of study, which is of interest and relevance to their area of work.

The module enables students to further develop skills of critical reasoning, reflection and debate in order to develop independent views.

Students will focus on content relevant to the area of work and seek to enhance their knowledge base in areas of identified interest within their current programme and/or working environment.

You can start this course in January or September.

For further details on any of these modules, please contact:
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UCLan is partnered with
the Football Medicine &
Performance Association.