

1. BASIC INFORMATION

Course	Football III
Degree program	Bachelor's Degree in Exercise and Sport Sciences
School	Exercise and Sport Sciences and Physiotherapy
Year	Fourth
ECTS	6
Credit type	Compulsory
Language(s)	Spanish and English
Delivery mode	On campus
Semester	S7/S8
Academic year	2027/2028
Coordinating professor	M ^a Luisa Martín de San Pablo Sánchez de Rojas
Professor	

2. PRESENTATION

The aim of this subject area is to provide students with extensive knowledge about football in the pursuit of sports performance; control, monitoring and assessment of the competition as a means of detecting the needs posed by the game; the optimisation of training based on the information obtained; training of players' conditional skills in an integrated way that is specific to football; and the planning, programming and periodization of training and competition.

3. LEARNING OUTCOMES

Knowledge

KON3. Describes geared towards prevention, adaptation and improvement of physical and sporting performance and health through physical condition and exercise.

- Dominates the use of the specific technological resources used for player assessment and load management, as well as devices such as encoders and GPS software.

Skills

SK02. Designates exercise-related tasks, progress indicators and strategies to promote health and sports performance based on individual variables and environmental conditions.

- Understands the specific requirements of competitions to implement personalised programmes for football players.
- Develops training programmes that seek to reduce the injury incidence of football players of various ages.

- Chooses tailored physical conditioning programmes based on the team's playing style.
- Uses the most suitable training spaces available according to football players' stage of development and the stage of the season they are at.
- Sets specific tasks for improving the fitness of football players according to age, category and the playing style of football players.

Competences

COMP2. Formulate and apply a methodological process based on observation, reflection, analysis, assessment, performance, technical/scientific evaluation and/or dissemination in various contexts, in all areas of professional practice related to physical activity and sport.

COMP7. Design and implement—in a straightforward, natural, conscious and continuous manner—appropriate, effective, systematic and varied physical exercise and fitness programmes, based on scientific evidence, for the purpose of enabling individuals to adapt, improve or refresh certain skills related to human movement and its optimisation; ultimately to resolve unstructured problems of an increasingly complex and unpredictable nature, with a focus on particular groups within the population.

COMP8. Develop and draw on the expertise needed to analyse, design and evaluate tests that seek to assess and control physical fitness, and physical/sporting performance.

COMP37. Strategic communication. Transmit messages (ideas, concepts, feelings, arguments), both orally and written, strategically aligning the interests of the different stakeholders involved in the communication in the academic and professional environment.

COMP40. Teamwork. Cooperate with others in shared academic or professional objectives, participating actively, empathically and exercising active listening and respect for all members.

COMP41. Critical analysis. Integrate analysis with critical thinking in a process of evaluating different ideas or professional possibilities and their potential for error, based on evidence and objective data that lead to effective and valid decision-making.

4. CONTENT

Topic 1. Physical requirements for Competitive Football: KPIs by position.

Topic 2. Assessment of competition requirements according to playing style and the impact of circumstantial factors.

Topic 3. Strength training in football according to biological age.

Topic 4. Special resistance and speed training in Football according to biological age.

Topic 5. Planning of conditioning-related content conditioning and implementation in the game model in Football.

Topic 6. Pre-seasons in Football according to playing style and game model.

5. TEACHING-LEARNING METHODOLOGIES

The types of teaching-learning methodologies used are indicated below:

- Master class.
- Case method.
- Cooperative learning.
- Learning based on workshop/laboratory instruction.
- Simulation environments.

6. LEARNING ACTIVITIES

Listed below are the types of learning activities and the number of hours the student will spend on each one:

Campus-based mode:

Learning activity	Number of hours
Master Classes	12
Practical Application Classes	18
Oral presentations of work	10
Independent work	56
Discussions and colloquiums	8
Tutorial	12
Knowledge tests	2
Workshop and/or laboratory activities	20
Preparation of reports and written work	6
Case study analysis	6
TOTAL	150

7. ASSESSMENT

Listed below are the assessment systems used and the weight each one carries towards the final course grade:

Campus-based mode:

Assessment system	Weight
Face-to-face assessment tests	40% (40-50%)
Oral presentations	10% (5-10%)
Workshop/laboratory practical notebook	15% (15-25%)
Case/problem	15% (5-20%)
Report and written papers	20% (10-20%)

When you access the course on the *Campus Virtual*, you'll find a description of the assessment activities you have to complete, as well as the delivery deadline and assessment procedure for each one.

7.1. First exam period

To pass the subject area in the ordinary exam period you must obtain a grade higher than or equal to 5.0 out of 10.0 in the final grade (weighted average) for the subject area.

- You must achieve a minimum grade of 5.0 in the written theory test.
- Attend 85% of the classes to be eligible for continuous assessment
- Attend 100% of the practical classes where assessable tasks are carried out

7.2. Second exam period

To pass the subject area in the ordinary exam period you must obtain a grade higher than or equal to 5.0 out of 10.0 in the final grade (weighted average) for the subject area.

- Achieve a minimum grade of 5.0 in the written theory test.

8. SCHEDULE

This table shows the delivery deadline for each assessable activity in the course:

Assessable activities	Deadline
Activity 1	On day 10 of class
Activity 2	On day 15 of class
Activity 3	On days 18 and 24 day of class
Activity 4	2 days before the knowledge test
Knowledge test	Last day of class

This schedule may be subject to changes for logistical reasons relating to the activities. The student will be notified of any change as and when appropriate.

9. BIBLIOGRAPHY

The main reference work for this subject is:

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- O. CANO MORENO, *El modelo de juego del F.C. Barcelona: una red de significado interpretada desde el paradigma de la complejidad*, MCSports, 2010.
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The recommended Bibliography is:

- JF. CASTELO; M. POMBO, *Tratado general de fútbol: guía práctica de ejercicios de entrenamiento*, Paidotribo, 2009.
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- A. DELLAL, *Une saison de préparation physique en football*, De Boeck, 2015.
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- F. GARCIA, *Rsa. Capacidad de repetir sprints en el fútbol tomo i. Teoría*, MCSport, 2017.
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- I. MUJICA; Y. LE MEUR, *Endurance training: infographic edition*, MEditions, 2016.
- F. NACLERIO, *Entrenamiento Deportivo*, Panamericana, 2014
- G. NUS CASANOVA, *Warm up in football: training sessions & matches*, Circulo Rojo, 2013.
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- A. OWEN; A. DELLAL, *Football conditioning: a modern scientific approach: fitness training, speed & agility, injury prevention*, Soccer Tutor, 2016.
- A. OWEN; A. DELLAL, *Football conditioning: a modern scientific approach: periodization, seasonal training, small, sided games*, Soccer Tutor, 2016
- M.A. PORTUGAL, *Fútbol: medios de entrenamiento con balón: metodología y aplicación práctica*, Grada Gymnos, 2008.
- A. SACCHI; G. CONTI, *Fútbol total: mi vida contada a Guido Conti*, Córner, 2016.
- A. SANS; C. FRATTAROLA, *Los fundamentos del futbol: Programa AT-3. Etapa del rendimiento. Un nuevo concepto en el que fundamentar la formación del futbolista y el entrenamiento de máximo rendimiento*, MCSport, 2009.
- F. SEIRULO, *El entrenamiento en los deportes de equipo*, editor autor, 2018.
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10. EDUCATIONAL GUIDANCE AND DIVERSITY UNIT

From the Educational Guidance and Diversity Unit we offer support to our students throughout their university life to help them reach their academic achievements. Other main actions are the students inclusions with specific educational needs, universal accessibility on the different campuses of the university and equal opportunities.

From this unit we offer to our students:

1. Accompaniment and follow-up by means of counselling and personalized plans for students who need to improve their academic performance.
2. In terms of attention to diversity, non-significant curricular adjustments are made in terms of methodology and assessment for those students with specific educational needs, pursuing an equal opportunities for all students.
3. We offer students different extracurricular resources to develop different competences that will encourage their personal and professional development.
4. Vocational guidance through the provision of tools and counselling to students with vocational doubts or who believe they have made a mistake in their choice of degree.

Students in need of educational support can write to us at:

orientacioneducativa@universidadeuropea.es

11. ONLINE SURVEYS

Your opinion matters!

The Universidad Europea encourages you to participate in several surveys which help identify the strengths and areas we need to improve regarding professors, degree programs and the teaching-learning process.

The surveys will be made available in the “surveys” section in virtual campus or via e-mail.

Your assessment is necessary for us to improve.

Thank you very much for your participation.