

Module Specification

Module Summary Information

1	Module Title	Sport & Exercise Physiology and Principles of Training
2	Module Credits	20
3	Module Level	4
4	Module Code	SPX4002

5	Module Overview
<p>This module aims to provide you with the underpinning knowledge of various physiological systems in the human body, and key training principles, which relate to sport and exercise. You will be introduced to the concept of the body working as multiple interrelated physiological 'systems'. Whilst each system has its own independent function, the function of one will have a direct impact on the function of another and will subsequently impact upon sports performance or health. This module will also cover basic principles associated with a range of training and exercise activities that are used for improving sports performance, health outcomes, long-term athlete development and rehabilitation. The content of this module will help prepare you for further study as much of the content on your degree programme is underpinned by exercise physiology and prescription of exercise or training. A key aspect of all programmes is to develop 'interdisciplinary' between the subject areas and thus by sharing this module across all sports courses, this will be promoted throughout.</p> <p>The module will encompass a range of learning and teaching methods. Keynote lectures will provide the basis for the theoretical components of the module and these will be supported by weekly practical sessions and an extensive range of independent learning resources accessible via Moodle. Practical sessions to allow you to observe and examine the physiological responses to exercise and apply the key principles of training via coaching practice.</p>	

6	Indicative Content
<p>This module will cover the follow content:</p> <ul style="list-style-type: none"> • Skeletal system • Cardiovascular system • Respiratory system • Metabolism and acid-base balance • Neuromuscular physiology • Endocrine system • Immunology • Thermoregulation • Exercise prescription fundamentals • Dynamic correspondence • Strength training techniques • Aerobic and anaerobic conditioning • Intermittent training • Speed and agility training 	

7	Module Learning Outcomes	
	On successful completion of the module, students will be able to:	
	1	Explain the anatomy, functions and main processes associated with different body systems.
	2	Discuss how various physiological systems relate to sports and exercise.
	3	Understand the underlying principles associated with a range of training activities.

8	Module Assessment		
Learning Outcome			
	Coursework	Exam	In-Person
1, 2, 3	X	X	

9	Breakdown Learning and Teaching Activities	
Learning Activities	Hours	
Scheduled Learning (SL) includes lectures, practical classes and workshops, peer group learning, Graduate+, as specified in timetable	34	
Directed Learning (DL) includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE	68	
Private Study (PS) includes preparation for exams	98	
Total Study Hours:	200	