

**CORPORATE AND ACADEMIC SERVICES**

**MODULE SPECIFICATION**

<b>Part 1: Basic Data</b>					
Module Title	Introduction To Exercise Physiology				
Module Code	UIS XL7-15-1	Level	1	Version	2.1
UWE Credit Rating	15	ECTS Credit Rating	7.5	WBL module?	No
Owning Faculty	Hartpury	Field	Sport Science		
Department	Sport	Module Type	Standard		
Contributes towards	BSc (Hons) Sports Coaching BSc (Hons) Sport Performance BSc (Hons) Physical Education and School Sport BSc (Hons) Sports Therapy BSc (Hons) Sports Therapy (S/W) BSc (Hons) Sports Conditioning and Injury Management BSc (Hons) Sports Conditioning and Injury Management (S/W) BSc (Hons) Sport and Exercise Nutrition BSc (Hons) Sport and Exercise Nutrition (S/W) FdSc Sports Coaching FdSc Sport Performance MSci Sports Coach Development				
Pre-requisites	None	Co- requisites	None		
Excluded Combinations	None	Module Entry requirements	None		
Valid From	01 September 2015	Valid to	01 September 2021		

<b>CAP Approval Date</b>	03 February 2015
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<b>Part 2: Learning and Teaching</b>	
Learning Outcomes	On successful completion of this module students will be able to: <ol style="list-style-type: none"> <li>1. Understand the basic physiology of the muscular, cardiovascular, respiratory system and their control through the nervous and endocrine system. (A, B)</li> <li>2. Understand the energy systems and the role of ATP production in the context of exercise. (A, B)</li> <li>3. Understand the methods of studying the physiological responses to exercise. (A, B)</li> <li>4. Synthesise and examine data collected in a human performance laboratory setting. (B)</li> </ol>

Syllabus Outline	<p>Homeostasis;</p> <p>Structure and function of the skeletal system, muscular system, neurological system, cardiovascular system, respiratory system, endocrine system, lymphatic system, urinary system and digestive system.</p> <p>Methods of studying the physiological responses to exercise, including laboratory based data collection.</p> <p>The syllabus has been developed to align with the Sport and Exercise Nutrition Graduate registration framework (SENr).</p>																									
Contact Hours	<p>Indicative delivery modes:</p> <ul style="list-style-type: none"> <li>• Lectures, guided learning, seminars 33</li> <li>• Self-directed study 3</li> <li>• Independent learning 114</li> </ul> <p>TOTAL 150</p>																									
Teaching and Learning Methods	<p>This module is delivered using large group learning sessions and opportunities for small group work. Additionally essential and recommended reading and exercises will be introduced to guide the students through the core syllabus.</p> <p><b>Scheduled learning</b> includes lectures, seminars, tutorials, practical classes and workshops (external visits)</p> <p><b>Independent learning</b> includes hours engaged with essential reading, case study preparation, assignment preparation and completion etc. These sessions constitute an average time per level as indicated in the table below. Scheduled sessions may vary slightly depending on the module choices you make</p> <p><b>Placement learning:</b> may include a practice placement, other placement, year abroad.</p>																									
Key Information Sets Information	<p>Key Information Sets (KIS) are produced at programme level for all programmes that this module contributes to, which a requirement is set by HESA/HEFCE. KIS are comparable sets of standardised information about undergraduate courses allowing prospective students to compare and contrast between programmes they are interested in applying for.</p> <table border="1" data-bbox="477 1310 1380 1691"> <thead> <tr> <th colspan="5">Key Information Set - Module data</th> </tr> </thead> <tbody> <tr> <td colspan="5"><i>Number of credits for this module</i></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td style="border: 2px solid black;">15</td> </tr> <tr> <th>Hours to be allocated</th> <th>Scheduled learning and teaching study hours</th> <th>Independent study hours</th> <th>Placement study hours</th> <th>Allocated Hours</th> </tr> <tr> <td>150</td> <td>36</td> <td>114</td> <td>0</td> <td>150</td> </tr> </tbody> </table> <p>The table below indicates as a percentage the total assessment of the module which constitutes a -</p> <p><b>Written Exam:</b> Unseen written exam, open book written exam, In-class test  <b>Coursework:</b> Written assignment or essay, report, dissertation, portfolio, project  <b>Practical Exam:</b> Oral Assessment and/or presentation, practical skills assessment, practical exam</p> <p>Please note that this is the total of various types of assessment and will not necessarily reflect the component and module weightings in the Assessment section of this module description:</p>	Key Information Set - Module data					<i>Number of credits for this module</i>									15	Hours to be allocated	Scheduled learning and teaching study hours	Independent study hours	Placement study hours	Allocated Hours	150	36	114	0	150
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Reading Strategy	<p><b>Core readings</b> Any essential reading will be indicated clearly, along with the method for accessing it, e.g. students may be required to purchase a set text, be given a print study pack or be referred to texts that are available electronically or in the Library. Module guides will also reflect the range of reading to be carried out.</p> <p><b>Further readings</b> Further reading will be required to supplement the set text and other printed readings. Students are expected to identify all other reading relevant to their chosen topic for themselves. They will be required to read widely using the library search, a variety of bibliographic and full text databases, and Internet resources. Many resources can be accessed remotely. The purpose of this further reading is to ensure students are familiar with current research, classic works and material specific to their interests from the academic literature.</p> <p><b>Access and skills</b> Formal opportunities for students to develop their library and information skills are provided within the induction period and study skills sessions. Additional support is available through online resources. This includes interactive tutorials on finding books and journals</p>																				
Indicative Reading List	<p>The following list is offered to provide validation panels/accrediting bodies with an indication of the type and level of information students may be expected to consult. As such, its currency may wane during the life span of the module specification. However, as indicated above, CURRENT advice on readings will be available via other more frequently updated mechanisms, including the module guide.</p> <p>Books</p> <p>Hale, T. (Current Edition) <i>Exercise Physiology. A Thematic Approach</i>. John Wiley and Son: Chichester.</p> <p>Kenny, W.L, Wilmore, J.H. and Costill, D.L. (Current Edition) <i>Physiology of Sport and Exercise</i>. Champaign, IL: Human Kinetics.</p> <p>McCardle, W.D., Katch, F.I. and Katch V.L. (Current Edition) <i>Exercise Physiology: Energy, Nutrition and Human Performance</i>. Lippincott Williams and Williams: London.</p> <p>Powers, S.K. and Howley, E.T. (Current Edition) <i>Exercise Physiology</i>. McGraw Hill: Boston.</p>																				

<b>Part 3: Assessment</b>	
Assessment Strategy	<p>Summative assessment will reflect the approach to the module. The module will be assessed using an end of term written examination under controlled conditions. This component will address students' ability to demonstrate knowledge and understanding of the key principles in human physiology. The written assignment will allow for the development of knowledge and intellectual skills, focusing on the application of theoretical principles.</p> <p>Formative assessment opportunities will be provided through similar formats. Feedback will be provided on these attempts prior to summative assessments.</p>

	<p>In line with the College's commitment to facilitating equal opportunities, a student may apply for alternative means of assessment if appropriate. Each application will be considered on an individual basis taking into account learning and assessment needs. For further information regarding this please refer to the VLE.</p> <p><b>Students studying the BSc (Hons) Sports Therapy programme are required to gain a minimum of 40% in each component and element. In addition, no compensation or condonement may be applied to these modules.</b></p>
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Identify final assessment component and element	Unseen Written Examination	
% weighting between components A and B (Standard modules only)	<b>A:</b>	<b>B:</b>
	<b>50%</b>	<b>50%</b>
<b>First Sit</b>		
<b>Component A</b> (controlled conditions) <b>Description of each element</b>	<b>Element weighting</b>	
1. Unseen Written Examination (1 hour)	100%	
<b>Component B</b> <b>Description of each element</b>	<b>Element weighting</b>	
1. Written Assignment (1250 words)	100%	

<b>Resit (further attendance at taught classes is not required)</b>		
<b>Component A</b> (controlled conditions) <b>Description of each element</b>	<b>Element weighting</b>	
1. Unseen Written Examination (1 hours)	100%	
<b>Component B</b> <b>Description of each element</b>	<b>Element weighting</b>	
1. Written Assignment (1250 words)	100%	
<p>If a student is permitted a retake of the module under the University Regulations and Procedures, the assessment will be that indicated by the Module Description at the time that retake commences.</p>		