University of the West of England
BRISTOL

CORPORATE AND ACADEMIC SERVICES

MODULE SPECIFICATION

Part 1: Basic Data						
Module Title	Introduction to Exercise Physiology					
Module Code	UISXL7-15-1		Level	1	Version	1
Owning Faculty	Hartpury		Field	Sport		
Contributes towards	BSc (Hons) Sports Coaching FdSc Sports Coaching BSc (Hons) Sports Performance FdSc Sports Performance					
UWE Credit Rating	15	ECTS Credit Rating	7.5	Module Type	Standard	
Pre-requisites	None		Co-requisites	None		
Excluded Combinations	None		Module Entry requirements	None		
Valid From	01 September 2013		Valid to	01 September 2019		

CAP Approval Date	24 June 2013

Part 2: Learning and Teaching	
Learning Outcomes	On successful completion of this module students will be able to: 1 Understand the basic physiology of the muscular, cardiovascular, respiratory system and their control through the nervous and endocrine system (A, B). 2 Understand the energy systems and the role of ATP production in the context of exercise (A, B). 3 Understand the methods of studying the physiological responses to exercise (A, B). 4 Synthesise and examine data collected in a human performance laboratory setting (B).
Syllabus Outline	Indicative content of the module includes: 1 Level of organisation of the human body. 2 Structures and function of the skeletal system, muscular system, neurological system, cardiovascular system, respiratory system and endocrine system. 3 Energy production and utilisation within the human body.
Contact Hours	Indicative delivery modes: Lectures, guided learning, seminars etc 33 Self directed study 3 Independent learning 114 **TOTAL** **150**

Teaching and Learning Methods	Contact time will be through lectures, seminars and practicals. It is expected that students will spend a minimum of 114 hours on independent learning as this is an essential component of modules at undergraduate level. Students will not be able to complete the module successfully without undertaking the required amount of independent learning. This independent learning will include a combination of lone study and individual, pair and group work. The virtual learning environment (VLE) and email will be used to keep in touch with students between scheduled sessions. ***Scheduled Learning*** May include lectures, drop in sessions and individual/group tutorials. Various theoretical components will be developed further in the practical based sessions held in the Human Performance Laboratory. ***Independent Learning*** May include hours engaged with essential reading and exam preparation. 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. ***Virtual Learning Environment (VLE)*** This specification is supported by a VLE where students will be able to find all necessary module information. Direct links to information sources will also be provided from within the VLE.
Key Information Sets Information	Key Information Sets (KIS) are produced at programme level for all programmes that this module contributes to, which is a requirement 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. **<u>Key Information Set – Module Data</u>** Number of credits for this module: 15 Hours to be allocated: 150 | Scheduled learning and teaching study hours: 36 | Independent study hours: 114 | Placement study hours: 0 | Allocated Hours: 150 The table below indicates as a percentage the total assessment of the module which constitutes a: 1 *Written Exam:* Unseen written exam, open book written exam, in-class test. 2 *Coursework:* Written assignment or essay, report, dissertation, portfolio, project. 3 *Practical Exam:* Oral Assessment and/or presentation, practical skills assessment, practical exam. 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: Total assessment of the module: Written exam assessment percentage: 50% Coursework assessment percentage: 50% Practical exam assessment percentage: 0% 100%

Reading Strategy	***Core Readings*** 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. ***Further Readings*** 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. ***Access and Skills*** Formal opportunities for students to develop their library and information skills are provided within the induction period and student skills sessions. Additional support is available through online resources. This includes interactive tutorials on finding books and journals, evaluation information and referencing. Sign up workshops are also offered.
Indicative Reading List	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. • Astrand, P., Rodahl, K., Dahl, H. and Stromme, S. (Current Edition). *Textbook of Work Physiology.* Champaign, IL: Human Kinetics. • Brown,S., Miller, W. and Eason, J. (Current Edition). *Exercise Physiology. Basis of Human Movement in Health and Disease.* London: Lipponcott Williams and Williams. • Guyton, A. and Hall, J. (Current Edition). *Human Physiology and Mechanism of Disease.* London: W.B. Saunders and Co. • Hale, T. (Current Edition). Exercise Physiology. *A Thematic Approach.* Chichester, UK: John Wiley and Son. • Kenny, W.L, Wilmore, J.H. and Costill, D.L. (Current Edition). *Physiology of Sport and Exercise.* Champaign, IL: Human Kinetics. • Marieb, E. (Current Edition). *Human Anatomy and Physiology.* New York: Pearson. • Martini, F. (Current Edition). *Fundamentals of Anatomy and Physiology.* London: Pearson. • McCardle, W.D., Katch, F.I. and Katch V.L. (Current Edition). *Exercise Physiology: Energy, Nutrition and Human Performance.* London: Lippincott Williams and Williams. • Powers, S.K. and Howley, E.T. (Current Edition). *Exercise Physiology.* Boston: McGraw Hill. • Thibodeau, G. and Patton, K. (Current Edition). *Anatomy and Physiology.* London: Mosby. • Tortora, G.J. and Derrickson, B. (Current Edition). *Principles of Anatomy and Physiology.* Chichester, UK: John Wiley and Sons.

Part 3: Assessment			
Assessment Strategy	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. Formative assessment opportunities will be provided through similar formats. Feedback will be provided on these attempts prior to summative assessments. 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.		
Identify final assessment component and element	Written Examination.		
% weighting between components A and B (Standard modules only)		**A:**	**B:**
		50%	50%
First Sit			
Component A (controlled conditions) **Description of each element**		**Element weighting**	
1	Unseen Written Examination (1 hour)	100%	
Component B **Description of each element**		**Element weighting**	
1	Written Assignment (1250 words)	100%	
Resit (further attendance at taught classes is not required)			
Component A (controlled conditions) **Description of each element**		**Element weighting**	
1	Unseen Written Examination (1 hour)	100%	
Component B **Description of each element**		**Element weighting**	
1	Written Assignment (1250 words)	100%	
If a student is permitted an **EXCEPTIONAL RETAKE** of the module the assessment will be that indicated by the Module Description at the time that retake commences.			