

### MODULE SPECIFICATION

Part 1: Basic Data					
Module Title	Applied Sport and Exercise Physiology				
Module Code	UISV3T-15-3	Level	3	Version	2
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) Equestrian Sports Science BSc (Hons) Sport and Exercise Nutrition BSc (Hons) Sport and Exercise Nutrition (SW) BSc (Hons) Sport and Exercise Sciences BSc (Hons) Sport and Exercise Sciences (SW) BSc (Hons) Sports Conditioning and Injury Management BSc (Hons) Sports Conditioning and Injury Management (SW) BSc (Hons) Strength and Conditioning BSc (Hons) Strength and Conditioning (SW)				
Pre-requisites	Exercise Physiology (UISXSB-15-2)	Co- requisites	None		
Excluded Combinations	None	Module Entry requirements	None		
First CAP Approval Date	03 February 2015	Valid From	01 September 2015		
Revision CVC Approval Date	V1.1- 07 July 2016 V2.0- 02 May 2018	Revised with effect from	01 September 2018		

<b>Revised Date</b>	01 September 2024
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Part 2: Learning and Teaching	
Learning Outcomes	<p>On successful completion of this module students will be able to:</p> <ol style="list-style-type: none"> <li>1. Demonstrate a critical understanding of the literature that has investigated the energy demands of various laboratory and sporting activities. (A)</li> <li>2. Critically evaluate physiological changes pertinent to a number of different physiological tests. (A)</li> <li>3. Demonstrate an understanding of the ethical considerations for exercise testing in a Human Performance Laboratory including the completion of appropriate risk assessments. (A)</li> <li>4. Demonstrate critical understanding in the acquisition, interpretation and analysis of information. (A)</li> </ol>
Syllabus Outline	<ul style="list-style-type: none"> <li>• Physiological characteristics and energy demands (training and competition) of athletes competing in various sports including soccer, rugby, running, cycling, rowing</li> <li>• Physiological assessments (laboratory) of athletes and the interpretation of exercise data</li> <li>• Ethical considerations for sport and exercise physiology training</li> </ul>

Contact Hours	<ul style="list-style-type: none"> <li>• Current topical areas of interest (exercise testing modalities)</li> </ul> <p>Indicative delivery modes:</p> <ul style="list-style-type: none"> <li>• Lectures, guided learning, seminars, etc. 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>Virtual learning environment (VLE):</b> 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.</p>																														
Key Information Sets Information	<p>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.</p> <table border="1" data-bbox="472 1016 1385 1406"> <thead> <tr> <th colspan="5">Key Information Set - Module data</th> </tr> </thead> <tbody> <tr> <td colspan="4">Number of credits for this module</td> <td>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> <table border="1" data-bbox="587 1809 1278 2042"> <tbody> <tr> <td colspan="2">Total assessment of the module:</td> </tr> <tr> <td>Written exam assessment percentage</td> <td>0%</td> </tr> <tr> <td>Coursework assessment percentage</td> <td>0%</td> </tr> <tr> <td>Practical exam assessment percentage</td> <td>100%</td> </tr> <tr> <td></td> <td>100%</td> </tr> </tbody> </table>	Key Information Set - Module data					Number of credits for this module				15	Hours to be allocated	Scheduled learning and teaching study hours	Independent study hours	Placement study hours	Allocated Hours	150	36	114	0	150	Total assessment of the module:		Written exam assessment percentage	0%	Coursework assessment percentage	0%	Practical exam assessment percentage	100%		100%
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<p>Reading Strategy</p>	<p><b>Essential 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, evaluation information and referencing. Sign up workshops are also offered.</p>
<p>Indicative Reading List</p>	<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><b>Books</b></p> <p>Draper, N and Marshall, H. (Current Edition) <i>Exercise Physiology for Health and Sports Performance</i>. London: Pearson.</p> <p>Gore, J. (Current Edition) <i>Physiological Tests for Elite Athletes</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>. London: Lippincott Williams and Williams.</p> <p>Winter, E., Jones, A., Davison, R., Bromley, P. and Mercer, T. (Current Edition) <i>Sport and Exercise Physiology Testing Guidelines</i>. London: Routledge.</p> <p><b>Journals</b></p> <p>British Journal of Sports Medicine.</p> <p>Canadian Journal of Applied Physiology.</p> <p>Exercise and Sport Science Reviews.</p> <p>European Journal of Applied Physiology.</p> <p>International Journal of Sports Medicine.</p> <p>Journal of Applied Physiology.</p> <p>Journal of Physiology.</p> <p>Journal of Sports Sciences.</p> <p>Medicine and Science in Sport and Exercise.</p> <p>Research Quarterly for Exercise and Sport.</p> <p>Sports Medicine.</p>

	Websites American College of Sports Medicine <a href="http://www.acsm.org">http://www.acsm.org</a> Journal of Sports Science & Medicine <a href="http://www.jssm.org">http://www.jssm.org</a> Pub Med <a href="http://www.ncbi.nlm.nih.gov/entrez/query.fcgi">http://www.ncbi.nlm.nih.gov/entrez/query.fcgi</a> Sports Science <a href="http://www.sportsci.org">http://www.sportsci.org</a> The Physiological Society <a href="http://www.physoc.org">http://www.physoc.org</a>
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Part 3: Assessment	
Assessment Strategy	<p>The module will be assessed using a practical portfolio including evidence of assessment under controlled conditions. This component will address students' ability to evaluate principles in applied sport and exercise physiology. Students looking to go into a career in Exercise Physiology should be able to demonstrate under controlled conditions their ability to demonstrate robust and sound subject knowledge. The British Association of Sport and Exercise Scientists (BASES) scientific support guidelines requires practitioners draw on appropriate knowledge and skills in order to make professional judgements. Individuals working with sport science support should know and be able to apply the key concepts in high pressure situations.</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 VLE.</p>

Identify final assessment component and element	Practical portfolio	
% weighting between components A and B (Standard modules only)	<b>A:</b> 100%	<b>B:</b> 0%
<b>First Sit</b>		
<b>Component A</b> (controlled conditions) <b>Description of each element</b>	<b>Element weighting</b> <i>(as % of component)</i>	
1. Practical portfolio (equivalent to 2500 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> <i>(as % of component)</i>	
1. Practical portfolio (equivalent to 2500 words)	100%	
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.		