



MODULE SPECIFICATION

Part 1: Information			
Module Title	Human Physiology for Sport Rehabilitation		
Module Code	UZYS1C-15-1	Level	Level 4
For implementation from	2020-21		
UWE Credit Rating	15	ECTS Credit Rating	7.5
Faculty	Faculty of Health & Applied Sciences	Field	Allied Health Professions
Department	HAS Dept of Allied Health Professions		
Module type:	Standard		
Pre-requisites	None		
Excluded Combinations	None		
Co- requisites	None		
Module Entry requirements	None		

Part 2: Description
Educational Aims: See Learning Outcomes. Outline Syllabus: Section A Histology and Pathophysiology: Structure and Function of Tissues: Epithelium, Generalised Connective tissue, Pathophysiology of Inflammatory process, response to tissue damage, healing process, repair and regeneration, oedema and tissue fluid formation. Section B Nervous system and pain pathways: Neuromuscular anatomy and physiology to include the physiological basis of human movement. Overview of gross structure of brain and spinal cord, gross structure of peripheral nerves, minute structure of nerve tissue, nerve transmission, synapses and summation, control of muscle contraction, muscle spindles, autonomic nervous system, motor and sensory systems. Section C Cardiovascular system, fluid balance and temperature regulation: Structure of the heart, cardiac cycle, cardiac output, blood pressure, role of hypothalamus, fluid balance and regulation of kidney function, thermoregulatory mechanisms. Section D Respiration and energy systems:

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Structure and function of lungs, pleural mechanics, arterial blood gases, lung function tests, regulation of breathing, regulation of pH, formation of ATP, nutritional requirements of energy production, hormonal control of glucose. Effects of exercise on energy requirements.

Teaching and Learning Methods: Lectures provide an introduction and summary of the topic area. Seminars include problem solving, case studies and discussions and use of workbooks to support learning.

Additionally, students are expected to engage in 114 hours of self study using the resources and structure in the workbook and blackboard. Preparation time is focused on essential reading, supplemented by self assessment exercises from the workbook and by attempting sample questions. A major part of their study time is taken up by exam preparation, including sample question and practical skills practice.

Scheduled learning includes lectures and seminars.

Independent learning includes hours engaged with essential reading, attempts at sample questions and exam preparation.

Up to 36 contact hours to include 1 hour of lectures and 2 hours of seminars over 12 weeks.

Part 3: Assessment

An online seen examination (with a 24 hour submission window) will enable comprehensive testing of knowledge and understanding. Sample questions and associated marking guidelines will facilitate student learning and students will be offered the opportunity of a formative assessment in the form of a mock written examination.

First Sit Components	Final Assessment	Element weighting	Description
Examination (Online) - Component A	✓	100 %	Online examination (24 hours)
Resit Components	Final Assessment	Element weighting	Description
Examination (Online) - Component A	✓	100 %	Online examination (24 hours)

Part 4: Teaching and Learning Methods

Learning Outcomes	On successful completion of this module students will achieve the following learning outcomes:	
	Module Learning Outcomes	Reference
	Explain the physiology of the nervous, musculo-skeletal, cardiovascular and respiratory systems	MO1
	Explain the physiological response to injury or infection, including the physiology of pain	MO2
	Explain the physiological responses that occur during exercise, and recovery from exercise	MO3
	Reflect on the impact of physiology on sport, exercise, therapy and health.	MO4
	Consider how the physiological knowledge of the sports rehabilitator can transfer to other areas, such as fitness and health	MO5

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Contact Hours	Independent Study Hours:	
	Independent study/self-guided study	114
	Total Independent Study Hours:	114
	Scheduled Learning and Teaching Hours:	
	Face-to-face learning	36
	Total Scheduled Learning and Teaching Hours:	36
	Hours to be allocated	150
	Allocated Hours	150
Reading List	The reading list for this module can be accessed via the following link: https://uwe.rl.talis.com/modules/uzys1c-15-1.html	

Part 5: Contributes Towards	
This module contributes towards the following programmes of study:	