

## CORPORATE AND ACADEMIC SERVICES

Part 1: Basic Data						
Module Title	Human Physiology for Sport Rehabilitation					
Module Code	UZYS1C-15-1 Level 1 Version 1					
Owning Faculty	Health and Applied Science		Field	Allied Health Professions		
Contributes towards	BSc (Hons) Sport Rehabilitation					
UWE Credit Rating	15	ECTS Credit Rating	7.5	Module Type	Standard	
Pre-requisites	None		Co- requisites	None		
Excluded Combinations	None		Module Entry requirements	N/A		
Valid From	September 2015		Valid to	2021		

## MODULE SPECIFICATION

CAP Approval Date 30 April 2015

Part 2: Learning and Teaching				
Learning Outcomes	On successful completion of the module students will be able to:			
	<ul> <li>Explain the physiology of the nervous, musculo-skeletal, cardiovascular and respiratory systems. (Component A)</li> </ul>			
	<ul> <li>Explain the physiological response to injury or infection, including the physiology of pain. (Component A)</li> </ul>			
	<ul> <li>Explain the physiological responses that occur during exercise, and recovery from exercise. (Component A)</li> </ul>			
	<ul> <li>Reflect on the impact of physiology on sport, exercise, therapy and health. (Component A)</li> </ul>			
	<ul> <li>Consider how the physiological knowledge of the sports rehabilitator can transfer to other areas, such as fitness and health. (Component A)</li> </ul>			
	Section A Histology and Pathophysiology			
Syllabus Outline	<ul> <li>Structure and Function of Tissues: Epithelium, Generalised Connective tissue,</li> <li>Pathophysiology of Inflammatory process, response to tissue damage,healing process, repair and regeneration, oedema and tissue fluid formation</li> </ul>			
	Section B Nervous system and pain pathways			
	<ul> <li>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</li> </ul>			

	transmission, synapses and summation, control of muscle contraction, muscle spindles, autonomic nervous system, motor and sensory systems.					
	Section C Cardiovascular system, fluid balance and temp 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					
	• 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					
Contact Hours	Up to 36 cor 12 weeks.	tact hours to i	include 1 hour	of lectures ar	nd 2 hours of	seminars over
Teaching and Learning Methods	Lectures pro problem solv learning.	vide an introd ring, case stuc	uction and sur dies and discus	nmary of the t ssions and us	topic area. Se e of workboc	eminars include ks to support
	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.					
	<b>Independent learning</b> includes hours engaged with essential reading, attempts at sample questions and exam preparation.					
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.					
	Key Inform	ation Set - Mo	dule 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	$\bigcirc$

	The table below indicates as a percentage the total assessment of the module which constitutes a - <b>Written Exam</b> : Unseen written exam <b>Practical Exam</b> : 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 asses	Total assessment of the module:				
							1
		Written exa	m assessm	ient percent	age	100%	-
		Practical ex	am assess	ment percei	ntage	0%	
				-	5	100%	
Reading	Indicative rea	ding list					
	The following indication of the consult. As su specification. module guide	list is offere he type and ich, its curre Current adv or Blackboa	d to provide level of info ency may wa ice on addit ard pages.	validation p rmation stud ane during th ional readin	anels/accre dents may b ne life span g will be ava	editing bodie be expected of the modu ailable via th	es with an to ule ne
	Core reading						
	Any core reading will be indicated clearly, along with the method for accessing it, eg students may be expected to purchase a set text, be given a 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 reading Further reading is advisable for this module, and students will be encouraged to explore at least one of the titles held in the library on this topic. A current list of such titles will be given in the module guide and revised annually. Access and skills Formal opportunities for students to develop their library and information skills are provided within the induction period. Additional support is available through the Library Services web pages, including interactive tutorials on finding books and journals, evaluating information and referencing. Sign-up workshops are also offered by the Library.					essing it, ack or be e guides	
						aged to t list of	
						i skills hrough books s are also	
Indicative Reading List	Katch, V.L., M	cArdle, W.E	). and Katch Williams &	. F (2011) Wilkins	Essentials	of Exercise	Physiology.
	Stanfield, C.L. Cummings.	(2012) <i>Prir</i>	nciples of Hu	iman Physic	ology. 5th ed.	Harlow: B	enjamin
	Silverthorn, D.U. (2013) <i>Human Physiology - an Integrated Approach</i> . 6th ed. Lo Pearson.						ed. London:

Pack, P. and Basset, S. (2011) Cliff Notes Anatomy and Physiology Quick Review Ed 2. Cliff Notes
Pocock, G., Richards, C.D. and Richards, D.A. (2013) <i>Human Physiology.</i> 4th ed. Dxford: Oxford University Press
ortora, G. and Grabowski, S. (2011) <i>Principles of Anatomy and Physiology.</i> 13 <sup>th</sup> Ed. Iew York: Wiley
/anPutte, C., Regan, J. and Russo, A. (2010) <i>Seeley's Essentials of Anatomy and</i> Physiology. 7th ed. London: McGraw-Hill International.
Galadin, K.S. (2010) Anatomy & Physiology: The Unity of Form and Function. 5th ed. .ondon: McGraw-Hill International.

Part 3:	Assessment
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Assessment Strategy	A written examination 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.

Identify final assessment component and element	Compone	ent A		
% weighting between components A and B (Standard modules only)			<b>B</b> :	
First Sit				
Component A (controlled conditions) Description of each element			Element weighting	
1. 2 hour written unseen exam		100%		

Resit (further attendance at taught classes is not required)				
Component A (controlled conditions) Element weighting				
Description of each element				
1. 2 hour written unseen exam100%				
If a student is permitted an <b>EXCEPTIONAL RETAKE</b> of the module the assessment will be that indicated				

by the Module Description at the time that retake commences.