

Liverpool John Moores University

Title: Physiological PE
Status: Definitive but changes made
Code: **4043PHYSED** (120694)
Version Start Date: 01-08-2018

Owning School/Faculty: Sports Studies, Leisure and Nutrition
Teaching School/Faculty: Sports Studies, Leisure and Nutrition

Team	Leader
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Academic Level: FHEQ4 **Credit Value:** 24 **Total Delivered Hours:** 48
Total Learning Hours: 240 **Private Study:** 192

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	18
Practical	20
Seminar	8

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	AS1	Exam (2 hours)	50	2
Report	AS2	Report (3000 words)	50	

Aims

This module will allow for individuals to develop an understanding of the physiological developments, principles and energy systems required in relation to

practical performance. Individuals will also develop an awareness of the different stages of physical development through infancy, childhood, adolescence and adulthood. Finally, an understanding of theoretical knowledge and application will support the ability of individuals to devise exercise programmes for target groups.

Learning Outcomes

After completing the module the student should be able to:

- 1 Create exercise programmes that demonstrate knowledge of exercise physiology principles for the development of healthy active lifestyles and elite performers.
- 2 Understand the relationship between physiology and physical performance during infancy, childhood, adolescence and adulthood.
- 3 Employ a range of ICT skills to assess, monitor and examine the development of practical performance.

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Exam	1	2
Report	3	

Outline Syllabus

An understanding of exercise physiology including energy systems.

Principles of exercise physiology and improvement of performance.

An understanding of motor development and physiological concepts during infancy, childhood, adolescence and adulthood.

Create exercise programmes for the development of healthy active lifestyles and elite performers. (Target groups).

Assessment and evaluation of practical performance.

Learning Activities

The module content will be explored in lectures, seminar groups and through a range of practical activities.

Theoretical lectures will provide appropriate subject knowledge to support practical application.

Examination of practical performance will be explored during practical sessions and will require the use of ICT in order to report, review and compare performance.

Notes

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