

**Summary Information**

<b>Module Code</b>	4092SPS
<b>Formal Module Title</b>	Exercise Physiology 1
<b>Owning School</b>	Sport and Exercise Sciences
<b>Career</b>	Undergraduate
<b>Credits</b>	20
<b>Academic level</b>	FHEQ Level 4
<b>Grading Schema</b>	40

**Module Contacts**
**Module Leader**

<b>Contact Name</b>	<b>Applies to all offerings</b>	<b>Offerings</b>
Gemma Miller	Yes	N/A

**Module Team Member**

<b>Contact Name</b>	<b>Applies to all offerings</b>	<b>Offerings</b>
Benjamin Buckley	Yes	N/A
Nicola Robinson	Yes	N/A
David Low	Yes	N/A
Juliette Strauss	Yes	N/A
Matthew Cocks	Yes	N/A
Jamie Pugh	Yes	N/A
Ellen Dawson	Yes	N/A
David Oxborough	Yes	N/A

**Partner Module Team**

Contact Name	Applies to all offerings	Offerings
--------------	--------------------------	-----------

## Teaching Responsibility

<b>LJMU Schools involved in Delivery</b>
Sport and Exercise Sciences

## Learning Methods

Learning Method Type	Hours
Lecture	31
Practical	5
Workshop	10

## Module Offering(s)

Offering Code	Location	Start Month	Duration
SEP-CTY	CTY	September	12 Weeks

## Aims and Outcomes

<b>Aims</b>	To develop knowledge and understanding of the basic structure and function of key physiological systems and metabolic processes and discuss how these systems and processes respond to feeding and acute exercise.
-------------	--

## Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	Describe the basic structure and function of key physiological systems and metabolic processes
MLO2	Describe how physiological systems and metabolic processes respond to feeding/acute exercise

## Module Content

### Outline Syllabus

Cardiorespiratory and neural function: Structure and function of the central and peripheral nervous systems; structure and function of the cardio-respiratory system; homeostatic regulation of body temperature; fluid balance control. Metabolism and muscle function: Structure and function of the endocrine system; skeletal muscle and muscular contraction; biochemistry; proteins formation; carbohydrates and lipids digestion, storage and oxidation; Energy systems.

### Module Overview

#### Additional Information

BUES and AfN mapped.

### Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Portfolio	Lab report portfolio	60	0	MLO1, MLO2
Centralised Exam	MCQ	40	1	MLO1, MLO2