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Title: Physiology 1
Status: Definitive
Code: **4307SSLN** (123044)
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences
Teaching School/Faculty: Sport and Exercise Sciences

| Team | Leader |
|----------------|--------|
| Ceriann Magill | Y |
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Academic Level: FHEQ4
Credit Value: 20
Total Delivered Hours: 42
Total Learning Hours: 200
Private Study: 158

Delivery Options

Course typically offered: Semester 1

| Component | Contact Hours |
|-----------|---------------|
| Lecture | 20 |
| Practical | 20 |

Grading Basis: 40 %

Assessment Details

| Category | Short Description | Description | Weighting (%) | Exam Duration |
|----------|-------------------|--------------------|---------------|---------------|
| Exam | AS 1 | Exam (2 hours) | 50 | 2 |
| Essay | AS2 | Essay (2500 words) | 50 | |

Aims

The aim of this module is for individuals to develop an understanding of the

physiological developments, principles and energy systems required in relation to practical performance to support physical education. Individuals will also develop an awareness of the different stages of physical development through infancy, childhood and adolescence. An understanding of theoretical knowledge and application will support the ability of individuals to devise and deliver appropriate practical sessions.

Learning Outcomes

After completing the module the student should be able to:

- 1 Demonstrate knowledge of exercise and physiology principles that support practical learning experiences and development.
- 2 Understand the relationship between physiology and physical performance during infancy, childhood and adolescence.
- 3 Deliver practical learning activities that include exercise physiology principles and development, relevant to age and the physical education curriculum.

Learning Outcomes of Assessments

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

| | | | |
|-------|---|---|---|
| Exam | 1 | 2 | 3 |
| Essay | 1 | 2 | 3 |

Outline Syllabus

*An understanding of exercise physiology including energy systems to support the development of learning throughout physical activity and physical education.
An understanding of motor development and physiological concepts during infancy, childhood and adolescence.
To develop and deliver appropriate practical sessions relevant to age and the physical education curriculum.*

Learning Activities

The module content will be delivered through lectures and practical activities. Theoretical lectures will be provide appropriate subject knowledge to support practical application.

Notes

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, and adolescence.

Finally, an understanding of theoretical knowledge and application will support the ability of individuals to devise exercise training sessions.