

Physiology 1

Module Information

2022.01, Approved

Summary Information

Module Code	4307SSLN
Formal Module Title	Physiology 1
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 4
Grading Schema	40

Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

Learning Methods

Learning Method Type	Hours
Lecture	20
Practical	20

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-CTY	CTY	September	12 Weeks

Aims and Outcomes

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.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Demonstrate knowledge of exercise and physiology principles that support practical learning experiences and development.
MLO2	2	Understand the relationship between physiology and physical performance during infancy, childhood and adolescence.
MLO3	3	Deliver practical learning activities that include exercise physiology principles and development, relevant to age and the physical education curriculum.

Module Content

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.
Module Overview	The aim of this module is for you to develop an understanding of the physiological developments, principles and energy systems required in relation to practical performance to support physical education.
Additional Information	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.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Centralised Exam	Exam	50	2	MLO1, MLO2, MLO3
Essay	Essay	50	0	MLO1, MLO2, MLO3

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
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Ceriann Magill	Yes	N/A
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Partner Module Team

Contact Name	Applies to all offerings	Offerings
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