

Physiology 1

Module Information

2022.01, Approved

Summary Information

Module Code	4504SPOSCI
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
LJMU Partner Taught

Partner Teaching Institution

Institution Name
Portobello Institute

Learning Methods

Learning Method Type	Hours
Lecture	20
Practical	20

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-PAR	PAR	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 introduction of exercise physiology including energy systems to support the development of learning throughout physical activity and physical education. An introduction to motor development and physiological concepts during infancy, childhood, and adolescence. An introduction to the physiological response to exercise An introduction to the physiology of health and disease. Practical sessions relevant to age and the physical education curriculum.
Module Overview	
Additional Information	The module will provide students with a strong theoretical foundation in physiology related to physical activity and health. Students will gain an understanding of basic scientific and physiological concepts through guided learning in lectures. Students will have the opportunity to explore how general physiological knowledge can be applied to specific practical scenarios relevant to physical education lesson planning, delivery and assessment. Students will explore how parameters of physiological function such as aerobic fitness, strength and power can be developed for age-appropriate cohorts. Students will gain understanding and awareness of the safety considerations for developing and delivering physical education lessons that reflect a desired physiological outcome. In addition to theoretical understanding, students will have the opportunity to learn practical skills related to physiological testing.

Assessments

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

Module Contacts

Module Leader

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

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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