Liverpool John Moores University

Title:	Applied Physiology of Excercise & Performance Testing
Status:	Definitive
Code:	**4505SSLNBF** (124729)
Version Start Date:	01-08-2018
Owning School/Faculty:	Sports Studies, Leisure and Nutrition
Teaching School/Faculty:	Blackpool & Fylde College

Team	Leader
Victoria Boyd	Y

Academic Level:	FHEQ4	**Credit Value:**	20	**Total Delivered Hours:**	48
Total Learning Hours:	200	**Private Study:**	152		

Delivery Options
Course typically offered: Semester 2

Component	Contact Hours
Lecture	16
Practical	15
Seminar	8
Workshop	9

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	Report	Lab Report (2500 word equivalent)	50	
Presentation	Poster/Def	Poster 2000 words equivalent/10 mins defence time	50	

Aims

This module builds on the knowledge gained of exercise physiology gained in the Fundamentals of Anatomy & Physiology to assess and monitor the body's physiologic response to varying exercise modalities. Students will be expected to undertake a range of fitness and performance testing protocols and justify their use.

Learning Outcomes

After completing the module the student should be able to:

1 Describe the interrelationship of physiological systems and responses during exercise.
2 Recognise the underlying physiology related to various fitness and performance testing protocols.
3 Consider the strengths and weaknesses of outcome measures relevant to athletic populations.

Learning Outcomes of Assessments

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

Lab Report	1	2	3
Poster/Defence	1	2	3

Outline Syllabus

The chronic adaptations of the human body to exercise, including those of the cardiorespiratory and neuromuscular systems;
Physiological needs analysis in a sporting context;
Assessment of fitness variables including:
Body composition assessment
Aerobic power assessment (submaximal and maximal vo2max estimates)
Power assessment (wingate test, jump tests)
Muscular endurance assessment (push up test)
Flexibility assessment (1rm, 5rm and 10rm)
Speed assessment (5m, 10m, 30m sprints)
Agility assessment (505, Illinois, t-test)
Assessment of lactate threshold.

Learning Activities

Study skills techniques
Lecture based workshops and seminars
Presenting information in practical environments
Peers and Self-reflection
Laboratory Sessions
Self Directed Experiential Sessions
Online Resources
VLE Forums online
Performance analysis tools

Notes

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