

Exercise Physiology 1

Module Information

2022.01, Approved

Summary Information

Module Code	4913SPSCC
Formal Module Title	Exercise 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
Coleg Cambria

Learning Methods

Learning Method Type	Hours
Lecture	32
Practical	5
Workshop	10

Module Offering(s)

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

Aims and Outcomes

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

Learning Outcomes

Code	Number	Description
MLO1	1	Describe the basic structure and function of key physiological systems and metabolic processes
MLO2	2	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 Aligned.

Assessments

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

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Cath Walker	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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