

Exercise Physiology 2

Module Information

2022.01, Approved

Summary Information

Module Code	5092SPS
Formal Module Title	Exercise Physiology 2
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 5
Grading Schema	40

Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

Learning Methods

Learning Method Type	Hours
Lecture	22
Practical	6
Seminar	12

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
JAN-CTY	CTY	January	12 Weeks

Aims and Outcomes

Aims	To develop knowledge and understanding of the cardiovascular and metabolic responses of acute and chronic exercise and discuss these in relation to human health and performance.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Explain the cardiovascular, nutrient interactions and metabolic responses to endurance, high intensity and resistance exercise training.
MLO2	2	Evaluate the effects of different environmental conditions, nutritional influences or disease states on the cardiovascular and metabolic responses to exercise training.

Module Content

Outline Syllabus	Endurance Exercise/Training: Cardiovascular adaptations; Metabolic adaptations. High Intensity/Intermittent Exercise: Cardiovascular adaptations; Metabolic adaptations. Resistance Exercise: Cardiovascular adaptations; Metabolic adaptations; Genetics of Adaptation. Environment: Cardiometabolic Responses to Exercise in the Cold/Heat Ageing, Inactivity and Metabolic Disease; Cardiovascular Consequences; Metabolic Consequences; Impact of Exercise Training on Cardiometabolic Risk Factors and Disease.
Module Overview	
Additional Information	BUES mapped.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Report	Laboratory Report	50	0	MLO1
Presentation	Group Presentation	50	0	MLO2

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Juliette Strauss	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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