

Liverpool John Moores University

Title: Physiological Determinants of Exercise Performance
Status: Definitive
Code: **5506SSLNBF** (124740)
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: FHEQ5
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
Essay	Essay	Essay - 2500 Words	50	
Presentation	Poster	Academic Poster - 2000 words/Defence - 10 mins	50	

Aims

The principle objective of this module is to provide a detailed and critical review of the physiological factors that determine, and thus limit, exercise performance in humans. During the module students will analyse the factors related to peripheral and central fatigue that ultimately exercise performance across the duration-intensity

spectrum. Students will also develop practical laboratory based data collection, handling and analysis skills during this module.

Learning Outcomes

After completing the module the student should be able to:

- 1 Compare physiological mechanisms to theories of performance and fatigue including catastrophe theory, central governor theory and psychobiological theory.
- 2 Critically analyse classic and contemporary issues and theories in exercise physiology.
- 3 Critically examine the impact environment on exercise performance.

Learning Outcomes of Assessments

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

Essay	1	2	3
Poster/Defence	1	2	3

Outline Syllabus

Classic fatigue models
Contemporary fatigue models
Applied nutrition
Thermoregulation - Cold response
Thermoregulation - Heat response
Pollution and CV Performance
Sleep Deprivation & Performance
Exercise and Immune Function

Learning Activities

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

Notes

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the physiological factors that determine, and thus limit, exercise performance in humans. During the module students will analyse the factors related to peripheral and central fatigue that ultimately exercise performance across the duration-intensity spectrum. Students will also develop practical laboratory based data collection, handling and analysis skills during this module.