

## Liverpool John Moores University

Title: CONTEMPORARY RESEARCH IN SPORT AND EXERCISE  
PHYSIOLOGY  
Status: Definitive  
Code: **7010SPOSCI** (114305)  
Version Start Date: 01-08-2014  
Owning School/Faculty: Sports Sciences  
Teaching School/Faculty: Sports Sciences

| Team           | Leader |
|----------------|--------|
| Claire Stewart | Y      |

**Academic Level:** FHEQ7      **Credit Value:** 20.00      **Total Delivered Hours:** 34.00  
**Total Learning Hours:** 200      **Private Study:** 166

### Delivery Options

Course typically offered: Semester 2

| Component | Contact Hours |
|-----------|---------------|
| Lecture   | 14.000        |
| Seminar   | 10.000        |
| Workshop  | 10.000        |

**Grading Basis:** 40 %

### Assessment Details

| Category     | Short Description | Description   | Weighting (%) | Exam Duration |
|--------------|-------------------|---|---------------|---------------|
| Essay        | AS1               | Essay (2 x A4) Critical evaluation of a research paper      | 35.0          |               |
| Report       | AS2               | Essay (1 x A4) 500 word abstract of conference presentation | 15.0          |               |
| Presentation | AS3               | Conference style presentation (10 min) + 5 min discussion   | 50.0          |               |

### Aims

*This module encompasses a series of keynote lectures highlighting prominent*

*research themes within the Research Institute for Sport and Exercise Sciences. As such, the module attempts to bring attention 'hot topics' in physiology, in relation to sport and exercise. In addition, wider aspects of physiology, e.g. the benefits of exercise in relation to preserving or restoring health are also covered. This module also aims to develop scientific communication (written and oral) skills and the ability to critically appraise scientific literature.*

## **Learning Outcomes**

After completing the module the student should be able to:

- 1 Critically evaluate appropriate literature relating to the contemporary research topics under consideration
- 2 Critically evaluate appropriate experimental protocols relating to the current topics under consideration
- 3 Evaluate scientific information and construct arguments that integrate knowledge

## **Learning Outcomes of Assessments**

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

|              |   |   |   |
|--------------|---|---|---|
| Essay        | 1 | 2 | 3 |
| Abstract     | 1 | 2 |   |
| Presentation | 1 | 2 | 3 |

## **Outline Syllabus**

*Research models and methods in exercise physiology*  
*Nutrition and physical activity across the lifespan*  
*The preventative effects of exercise against non-communicable diseases*  
*Endocrine and exocrine influences on exercise and adaptation*

## **Learning Activities**

Students will be expected to attend interactive lectures and workshop sessions (2 h session per week). The principal learning activities include didactic lectures from leading researchers and follow-up Journal Club discussions or writing workshops aimed at developing critical appraisal and scientific communication skills. Students will evaluate original research papers that relate to the key topics or experiment techniques and samples of writing will be used for workshops. Timetabled sessions represent a relatively small portion of the study time required for successful completion of this module. Effective postgraduate study relies heavily on independent learning outside of formal classes, including: directed reading and writing tasks, relating to the topics. Undertaking this work, as directed by your tutors, will assist you in building on fundamental aspects delivered in class, but also in pursuing your own interests related to the subject of study. It is expected that you will

commit your time to undertaking these independent study activities just as you would commit time to attending scheduled lessons.

## **Notes**

Contemporary issues in the field are delivered in lecture format, and then critical understanding of the material and scientific writing skills are discussed in a student 'journal club' environment.