

Liverpool John Moores University

Title: ENVIRONMENT AND PERFORMANCE
Status: Definitive
Code: **7018SPOSCI** (114320)
Version Start Date: 01-08-2011

Owning School/Faculty: Sports Sciences
Teaching School/Faculty: Sports Sciences

Team	Leader
Tim Cable	Y

Academic Level: FHEQ7
Credit Value: 20.00
Total Delivered Hours: 24.00
Total Learning Hours: 200
Private Study: 176

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	12.000
Practical	4.000
Seminar	2.000
Tutorial	6.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	AS1	Laboratory report (1500 words)	100.0	

Aims

The purpose of this module is to develop and extend the students appreciation of the impact of environmental change (e.g.. temperature, pressure, time schedules) on physiological control mechanisms. The consequences of such alteration for athletic performance will be discussed. The long term adaptation to new environments will be considered and current strate.g.ies used to enhance the process of acclimatisation will be examined.

ISBN	
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Course Material	Book
Author	Saltin, B.J. (ed)
Publishing Year	2000
Title	Exercise and the circulation in health and disease.
Subtitle	
Edition	
Publisher	Human Kinetics.
ISBN	

Course Material	Book
Author	Armstrong, L.E.
Publishing Year	2000
Title	Performance in extreme environments
Subtitle	
Edition	
Publisher	Human Kinetics
ISBN	

Course Material	Book
Author	Reilly, T. & Waterhouse, J.
Publishing Year	2005
Title	Sport, Exercise and Environmental Physiology.
Subtitle	
Edition	
Publisher	Elsevier
ISBN	

Notes

The purpose of this module is to provide the student with an appreciation of the impact of environmental change (e.g. Temperature, pressure, time schedules) on physiological control mechanisms. The consequences of such alteration for athletic performance will be discussed, as will be the long term adaptation to new environments. Finally the current strategies used to enhance the process of acclimatisation and therefore reduce the impact on performance will be examined.