

## Liverpool John Moores University

Title: TECHNICAL TRAINING FOR EXERCISE PHYSIOLOGY  
Status: Definitive  
Code: **7101SPOSCI** (124275)  
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences  
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
Greg Whyte	Y
David Oxborough	
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**Academic Level:** FHEQ7      **Credit Value:** 40      **Total Delivered Hours:** 72

**Total Learning Hours:** 400      **Private Study:** 328

### Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	36
Practical	14
Tutorial	22

**Grading Basis:** 50 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Assessment	Literature Review (2000 words)	50	
Practice	Exam	Practical exam	50	

### Aims

*The aim of this module is provide the student with the knowledge, technical and critical appraisal skills required to work as an effective clinical physiologist. The module will focus on the practical skills required for the assessment of patients with non-communicable diseases at rest and during exercise.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Critically evaluate the effects of exercise on physiological responses and pathophysiological processes in a variety of non-communicable diseases.
- 2 Screen, assess and stratify patients with non-communicable diseases according to their risk of performing exercise including contraindications
- 3 Interpret clinical exercise physiological assessments in health and disease
- 4 Explain and assess the skills involved in emergency procedures and management.

## Learning Outcomes of Assessments

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

Literature Review	1	2	4
Practical exam	1	3	2

## Outline Syllabus

*Resting and exercise cardiovascular assessments (e.g. blood pressure, 12-lead ECG).*

*Respiratory assessments at rest and exercise (e.g. Peak flow, CPEX).*

*Measurements of metabolic health.*

*Novel measurements of human physiology (e.g. 3D echocardiography, vascular ultrasound).*

## Learning Activities

Students are expected to attend timetabled workshops both on and off campus. Practical skills in the delivery of clinical exercise physiology will be central to this module and application of theory to practice will be debated during workshops some of which will be field based. Students will be required to demonstrate competency in the practical delivery of a wide range of skills. Students should complete the required work related learning tasks as well as the recommended reading to widen their critical knowledge and understanding. The integration of theoretical and practical knowledge should be evidenced in the assessment tasks.

## Notes

Technical Training for Exercise Physiology offers the student the opportunity to develop the skills required to become a competent and effective clinical physiologist. Theory and practical workshops using internal and external specialists will offer extensive practical exposure to a broad range of skills.