

Summary Information

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| Module Code | 7170SPOSCI |
| Formal Module Title | Advanced Exercise Physiology |
| Owning School | Sport and Exercise Sciences |
| Career | Postgraduate Taught |
| Credits | 20 |
| Academic level | FHEQ Level 7 |
| Grading Schema | 50 |

Teaching Responsibility

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|-----------------------------------|
| LJMU Schools involved in Delivery |
| Sport and Exercise Sciences |

Learning Methods

| Learning Method Type | Hours |
|----------------------|-------|
| Lecture | 20 |
| Practical | 10 |
| Tutorial | 10 |

Module Offering(s)

| Display Name | Location | Start Month | Duration Number Duration Unit |
|--------------|----------|-------------|-------------------------------|
| SEP-CTY | CTY | September | 12 Weeks |

Aims and Outcomes

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| Aims | The basic aims of this module are to extend and deepen the students' knowledge and understanding related to the acute and chronic physiological responses to exercise. The module will focus will be on young and older healthy individuals and those at greater risk of cardiovascular disease . This physiological knowledge will link/underpin later content related to "patho-physiology " and "exercise programming". The module will also develop knowledge of how advancements in assessment tools and research illuminate understanding of exercise physiology. |
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After completing the module the student should be able to:

Learning Outcomes

| Code | Number | Description |
|------|--------|--|
| MLO1 | 1 | 1 Critically evaluate the impact of acute exercise and chronic exercise upon physiological systems. |
| MLO2 | 2 | 2 Critically discuss how new developments in assessment tools and research technology have improved our understanding of the physiological response to acute and chronic exercise. |

Module Content

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|------------------------|--|
| Outline Syllabus | The cardiovascular system: acute and chronic exercise The cardiovascular system: assessment tools The respiratory system: acute and chronic exercise The respiratory system: assessment tools Human metabolism: acute and chronic exercise Human metabolism: assessment tools |
| Module Overview | This module aims to extend and deepen knowledge and understanding related to the acute and chronic physiological responses to exercise. This will focus on cardiovascular, respiratory and metabolic responses to exercise that will link/underpin later content related to 'patho-physiology in these systems' and 'exercise prescription'. It also develops knowledge of how advancements in technology and assessment illuminate our understanding of advanced exercise physiology. |
| Additional Information | This module provides the opportunity to apply current theoretical and practical approaches in advanced exercise physiology. Current issues will be explored through a combination of contact lectures, workshops, seminars and private study journal reading. Guest speakers will be invited to contribute to a theory and practice workshops to supplement the depth and currency of the modular content. |

Assessments

| Assignment Category | Assessment Name | Weight | Exam/Test Length (hours) | Module Learning Outcome Mapping |
|---------------------|-----------------------------|--------|--------------------------|---------------------------------|
| Essay | Critical Review Essay | 50 | 0 | MLO1, MLO2 |
| Centralised Exam | Short answer exam questions | 50 | 2 | MLO1, MLO2 |

Module Contacts

Module Leader

| Contact Name | Applies to all offerings | Offerings |
|---------------|--------------------------|-----------|
| Matthew Cocks | Yes | N/A |

Partner Module Team

| Contact Name | Applies to all offerings | Offerings |
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