



Module Title:	Applied Exercise Physiology
Academic year:	2009 2010
Credit Value:	5.0
Pre- requisites:	2.1, 2.3
Assessment:	<p>Continuous Assessment: 30% (2x15%CA assessments)</p> <p>Final examination: 70%.</p>
Aims	<p>The aim of this module is to further develop the basic principles of human and exercise physiology introduced in semester one, and human anatomy introduced in semester two. This will be achieved through the development of student knowledge in the key aspects of human physiology applicable to exercise science for both sport and health. The students will develop their knowledge, skill and competence in the major structures and physiological functions of the human body. This will be achieved through direct learning through lectures, assignments and laboratory classes. Theoretical aspects of this module will be underpinned by computer and video simulations of the body's physiological systems.</p>
Module Content	<p>Energy for Exercise</p> <p>The Nervous System</p> <p>The Muscles</p> <p>Cardiovascular Physiology</p> <p>Respiratory Physiology</p> <p>Fluid and Electrolyte Balance</p> <p>The Endocrine System</p>

Intended Learning Outcomes:	Upon completion of this module the student will be expected to: <ol style="list-style-type: none">1. Identify the sources of energy production in the human body.2. Describe the structure and function of the Central- and Peripheral- Nervous Systems.3. Describe the Structure and Function of the Musculoskeletal System.4. Discuss the role played by the Muscles and Nervous System in Body movement.5. Identify the key structures of the heart and the circulatory system.6. Outline the function of the principle blood components in relation to exercise, fitness and health.7. Discuss the key structures that facilitate gaseous exchange in the lungs.8. Describe the regulation of fluid balance in the human body and the organs responsible in maintaining this balance.
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