



| | |
|-------------------------|--|
| Module Title: | Exercise Science : Fitness , Evaluation |
| Academic year: | 2009 2010 |
| Credit Value: | 5.0 |
| Pre- requisites: | 4.1, 4.2, 4.3 |
| Assessment: | Continuous Assessment: 30% Workshop Skills: 20% Final Examination: 50% |
| Aims | <p>The aim of this module is to provide the student with an introduction to the key aspects of the theory and practice of Physiological Assessment for both Health and Fitness. This module will focus on the assessment of health and fitness in various populations and life-stages through the examination of physical and nutritional aspects of human health. Assessment for Health will be emphasized through examination of the effects of changes in physiology on the development of medical conditions (e.g. Type II Diabetes). The importance of fitness assessment for Sport will be highlighted as facilitating the identification of strengths and weaknesses for both athletes and coaches. This will be achieved by direct learning through lectures, demonstrations and workshops, supplemented by individual and group assignments, both oral and written.</p> |
| Module Content | Physiological Health Assessment Nutrition and Dietetics Cardiovascular Assessment Musculoskeletal Testing Athletic Performance Communication and Feedback |

| | |
|------------------------------------|--|
| Intended Learning Outcomes: | Upon completion of this module the student should be able to: <ol style="list-style-type: none">1. Discuss the theory and application of the principle physiological assessments for both health and fitness.2. Identify the different life-stages and their appropriate levels of fitness.3. Describe the importance of cardiovascular health and identify the key factors which can have a negative impact on cardiac function.4. Discuss the causes and health implications of diseases associated with physical inactivity.5. Identify clinical tests used in the diagnosis of diseases associated with physical inactivity.6. Describe the principles and applications of Cardiovascular and Musculoskeletal assessments.7. Demonstrate an ability to gather relevant documentation and provide appropriate feedback. |
|------------------------------------|--|