1. **Title of the module**

SPOR3380 (SS338) Introduction to Sport and Exercise Physiology

1. **School or partner institution which will be responsible for management of the module**

School of Sport and Exercise Sciences

1. **The level of the module (Level 4, Level 5, Level 6 or Level 7)**

Level 4

1. **The number of credits and the ECTS value which the module represents**

30 credits (15 ECTS)

1. **Which term(s) the module is to be taught in (or other teaching pattern)**

Autumn and spring

1. **Prerequisite and co-requisite modules**

None

1. **The programme(s) of study to which the module contributes**

BSc Sport & Exercise Science (& with a year in industry)

BSc Sport & Exercise for Health (& with a year in industry)

1. **The intended subject specific learning outcomes.
On successfully completing the module students will be able to:**
2. Demonstrate understanding of the structure and function of the major body systems.
3. Demonstrate an understanding of the roles of the body systems in maintaining the body’s internal environment during rest and in facilitating movement.
4. Demonstrate understanding of the responses and adaptations of body systems to exercise.
5. **The intended generic learning outcomes.
On successfully completing the module students will be able to:**
6. Demonstrate Communication and presentation skills.
7. Demonstrate Numeracy and Information Technology skills.
8. Demonstrate Problem solving skills.
9. Plan and manage learning.
10. **A synopsis of the curriculum**

This is an introductory module where students will study the structure and function of the different physiological systems in the human body. The principles of the maintenance of homeostasis and the physiological adaptation of the body systems to exercise will also be covered.

1. **Reading list (Indicative list, current at time of publication. Reading lists will be published annually)**

McArdle, W, D., Katch, I, F., Katch, V, L. (2014) Exercise Physiology Energy, Nutrition and Human Performance. (8th Edn). London: Lippincott Williams & Wilkins.

Tortora, G, J & Derrickson, B. (2017) Principles of Anatomy and Physiology. (15th Edn). London: Wiley

Wilmore, J.H., Costill, D.L., & Kenny, L. W. (2019). Physiology of Sport and Exercise. 7th Edition. Champaign IL: Human Kinetics.

1. **Learning and teaching methods**

Total contact hours: 42

Private study hours: 258

Total study hours: 300

1. **Assessment methods**
	1. Main assessment methods

Online assessment 1 (40 minutes) 25%

Online assessment 2 (40 minutes) 25%

Practical skills assessment (30 min) 50%

13.2 Reassessment methods

Like for like

1. ***Map of module learning outcomes (sections 8 & 9) to learning and teaching methods (section 12) and methods of assessment (section 13)***

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Module learning outcome** | *8.1* | *8.2* | *8.3* | *9.1* | *9.2* | *9.3* | *9.4* |
| **Learning/ teaching method** |  |  |  |  |  |  |  |
| **Private Study** | **x** | **x** | **x** | **x** | **x** | **x** | **x** |
| *Lecture* | **x** | **x** | **x** |  | **x** | **x** |  |
| *Seminar / Laboratory*  | **x** | **x** | **x** | **x** | **x** | **x** | **x** |
| **Assessment method** |  |  |  |  |  |  |  |
| Online assessment 1 | **x** | **x** | **x** | **x** | **x** | **x** | **x** |
| Online assessment 2 | **x** | **x** | **x** | **x** | **x** | **x** | **x** |
| Practical skillsassessment | **x** | **x** | **x** | **x** | **x** | **x** | **x** |

1. **Inclusive module design**

The School recognises and has embedded the expectations of current equality legislation, by ensuring that the module is as accessible as possible by design. Additional alternative arrangements for students with Inclusive Learning Plans (ILPs)/declared disabilities will be made on an individual basis, in consultation with the relevant policies and support services.

The inclusive practices in the guidance (see Annex B Appendix A) have been considered in order to support all students in the following areas:

a) Accessible resources and curriculum

b) Learning, teaching and assessment methods

1. **Campus(es) or centre(s) where module will be delivered**

Canterbury

1. **Internationalisation**

The topics addressed by this module relate to a field which is of international importance, given the relevance of physiology and anatomy to the field of sport and exercise sciences. This in many cases transcend the traditional barriers of linguistic communication. However, as the module requires the communication of technical issues to specialist audiences, it is expected that students will take this into account when considering the different contexts in which their knowledge and skills will be applied. This includes the international audiences with which they will need to communicate. Students will also be encouraged to consider approaches to the module through discussions with other students in the group and this will naturally draw on the international make-up of the student body.

**FACULTIES SUPPORT OFFICE USE ONLY**

**Revision record – all revisions must be recorded in the grid and full details of the change retained in the appropriate committee records.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date approved | Major/minor revision | Start date of delivery of revised version | Section revised | Impacts PLOs (Q6&7 cover sheet) |
| 24/01/2021 | Major | 2021 | 7;8;9;10;11 | yes |
|  |  |  |  |  |