1. KentVision Code and title of the module

SPOR5340 – Exercise Physiology

## Division and School/Department or partner institution which will be responsible for management of the module

Division of Natural Sciences (Sport and Exercise Sciences)

## The level of the module (Level 4, Level 5, Level 6 or Level 7)

Level 5

## The number of credits and the ECTS value which the module represents

30 Credits

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

Autumn and Spring

## Prerequisite and co-requisite modules and/or any module restrictions

None

## The course(s) of study to which the module contributes

Compulsory for the following courses:

BSc (Hons) Sport and Exercise Science (and all variants)

Optional for the following courses:

BSc (Hons) Sport and Exercise for Health (and all variants)

Not available as an elective module

## The intended subject specific learning outcomes.On successfully completing the module students will be able to:

8.1 Critically evaluate the cardio-pulmonary & metabolic responses to exercise in healthy individuals.

8.2 Critically evaluate the physiological factors limiting exercise performance in healthy adults.

8.3 Employ appropriate data handling & analysis techniques to interpret data sets on physiological responses to exercise.

## The intended generic learning outcomes.On successfully completing the module students will be able to:

9.1 Communicate subject specific material effectively in a variety of forms.

9.2 Demonstrate skills and competencies in numeracy and information technology.

9.3 Critically evaluate the appropriateness of different approaches to solving problems.

9.4 Demonstrate skills and competencies in planning and managing their own learning.

## A synopsis of the curriculum

The module explores the physiological response to exercise for a healthy adult. There is a focus on cardio-pulmonary & metabolic responses, which will be scrutinised in terms of differing exercises intensities and duration. The module will examine the key physiological factors that determine and thus limit exercise performance in humans, and will expose students to different methods of collecting, handling and processing exercise data.

## Reading list

## The University is committed to ensuring that core reading materials are in accessible electronic format in line with the Kent Inclusive Practices.

## The most up to date reading list for each module can be found on the university's [reading list pages](https://kent.rl.talis.com/index.html).

## Contact Hours

Private Study: 260

Contact Hours: 40

Total: 300

## Assessment methods

13.1 Main assessment methods

* Lab Logbook (2,000 words) – 50%
* Examination (2 hours) – 50%

13.2 Reassessment methods

* 100% Coursework

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

**Module learning outcomes against learning and teaching methods:**

| **Module learning outcome** | 8.1 | 8.2 | 8.3 | 9.1 | 9.2 | 9.3 | 9.4 |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Private Study | **x** | **x** | **x** |  | **x** | **x** | **x** |
| Lecture | **x** | **x** | **x** |  | **x** | **x** | **x** |
| Laboratory | **x** | **x** | **x** | **x** | **x** | **x** | **x** |

**Module learning outcomes against assessment methods:**

| **Module learning outcome** | 8.1 | 8.2 | 8.3 | 9.1 | 9.2 | 9.3 | 9.4 |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Lab Logbook | **x** | **x** | **x** | **x** | **x** | **x** | **x** |
| Examination | **x** | **x** | **x** | **x** | **x** | **x** | **x** |

## Inclusive module design

The Division 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

## Campus(es) or centre(s) where module will be delivered

Canterbury

## Internationalisation

Science is an international discipline with widely applicable international resonance. This module presents subject-specific knowledge generated, developed, and refined by scientists around the world. Mastery of the learning outcomes will equip students to apply the knowledge in a wide range of international contexts and these will be addressed in making the content relevant to current global issues. The Division of Natural Sciences is an international community of students and staff and group activities and teaching will provide a platform for internationally-focussed discussion.

**DIVISIONAL USE ONLY**

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

| Date approved | New/Major/minor revision | Start date of delivery of (revised) version | Section revised(if applicable) | Impacts PLOs (Q6&7 cover sheet) |
| --- | --- | --- | --- | --- |
| 7 Jun 2017 | Major | Sept 2017 | 7, 10, 12-13 | No |
| 19 Sept 2020 | Major | Sept 2022 | 1, 7-14, 17 | No |

|  |
| --- |
| Revised FSO 2018 |