1. **Title of the module**

SPOR8340 (SS834) Physiology of Training

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 7

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

15 credits (7.5 ECTS)

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

Autumn or Spring

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

Prerequisite: SPOR8330 (SS833) Laboratory Techniques in Exercise Physiology

1. **The programmes of study to which the module contributes**

MSc Sport and Exercise Science

1. **The intended subject specific learning outcomes.  
   On successfully completing the module students will be able to:**
2. Critically examine the principles of exercise training for performance
3. Demonstrate a comprehensive understanding of the physiological and metabolic adaptations to training and the physiological characteristics of elite sports performers
4. Critically interpret data and text from studies on human physiology and metabolism
5. **The intended generic learning outcomes.  
   On successfully completing the module students will be able to:**
6. Demonstrate skills in academic and professional communication.
7. Work as an independent and autonomous learner and critically reflect on and evaluate their own performance.
8. Apply information technology and numeracy to physiological/numerical data.
9. **A synopsis of the curriculum**

This module allows students to develop comprehensive knowledge and understanding of the physiology governing exercise training, physiological adaptation and applications to contemporary training methods. Students will be able to develop skills to analyse and critically assess performance. Practical sessions are used to reinforce theoretical knowledge.

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

Hoffman, J. (2014). Physiological Aspects of Sport Training and Performance. Illinois: Human Kinetics and Foran, B. (2000) High-performance sports conditioning. Illinois: Human Kinetics.

1. **Learning and teaching methods**

Total contact hours: 33

Private study hours: 117

Total study hours: 150

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

100% coursework: essay, 3000 words.

13.2 Reassessment methods

Like for like

1. ***Map of module learning outcomes (sections 8 & 9) to learning and teaching methods (section12) and methods of assessment (section 13)***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Module learning outcome** | *8.1* | *8.2* | *8.3* | *9.1* | *9.2* | *9.3* |
| **Learning/ teaching method** |  |  |  |  |  |  |
| Lectures/practical | **x** | **x** | **x** | **x** | **x** | **x** |
| Private Study | **x** | **x** | **x** | **x** | **x** | **x** |
| **Assessment method** |  |  |  |  |  |  |
| *Written coursework* | **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:

1. Accessible resources and curriculum
2. Learning, teaching and assessment methods
3. **Campus(es) or centre(s) where module will be delivered**

Medway

1. **Internationalisation**

Sport and Exercise Sciences are international subjects and the primary research upon which students must draw for this module will be from researchers and authors worldwide. The applications to sport and exercise have international appeal and importance given the global appeal and media attention that sport receives.

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

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| --- | --- | --- | --- | --- |
| Date approved | Major/minor revision | Start date of the delivery of revised version | Section revised | Impacts PLOs (Q6&7 cover sheet) |

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Revised FSO Feb 2018