1. **Title of the module**

SPOR5640 (SS564) High Performance 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 6

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**

None

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

BSc Sport and Exercise Science

1. **The intended subject specific learning outcomes.
On successfully completing the module students will be able to:**
2. Understand the integrated nature of exercise physiology
3. 8Critically analyse the key physiological components required in sport and exercise related activities
4. Critically analyse contemporary issues in relation to exercise physiology and training.
5. **The intended generic learning outcomes.
On successfully completing the module students will be able to:**
6. Demonstrate an ability to integrate key skills in communication and presentation via the use of student lead practicals and presentations on a variety of subject specific material with both individual and group settings used.
7. Demonstrate an ability to integrate key skills in numeracy and information technology – evidenced via analysing data collected when carrying out the battery of tests with clients and through the use of appropriate information technology in order to analyse a battery of tests.
8. Demonstrate an ability to integrate key skills in problem solving – achieved through the ability to successfully analyse and interpret the requirements of the written coursework assessment.
9. Plan and manage learning - through completing the extra self-directed study necessary to successfully complete the required assignments and tasks set during this module.
10. **A synopsis of the curriculum**

This module aims to increase the student’s knowledge and understanding of the physiology governing sports performance. Contemporary training methods will be discussed. It also further develops the skills necessary to analyse and critically assess performance. Practical sessions will be conducted to reinforce theoretical knowledge.

The following indicative topics covered in this module are:

 - Submaximal and maximal determinants of exercise performance

- Strength and power in athletic performance

- Processes of fatigue and implications for training

 - Contemporary issues in training

 - Monitoring training and recovery

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

Brooks, G. Fahey, T. White, T. Baldwin, K. (2005) Exercise Physiology. Human Bioenergetics and its Applications (4th Ed.) McGraw Hill.

Eston, R. Reilly, T. (Eds) (2009) Kinanthropometry and Exercise Physiology Laboratory Manual. Test, Procedures and Data (3rd Ed.). Routledge: London.

Tanner, R. Gore, C. (Eds.) (2013) Physiological Tests for Elite Athletes (2nd Ed.) Human Kinetics.

1. **Learning and teaching methods**

Total contact hours: 24

Private study hours: 126

Total study hours: 150

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

Coursework (2,500 words) (100%)

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** |  |  |  |  |  |  |  |
| *workshops* |  |  |  |  |  |  |  |
| *seminars* | **X** | **X** | **X** | **X** | **X** | **X** | **X** |
| *lectures* | **X** | **X** | **X** | **X** | **X** | **X** | **X** |
| **Assessment method** |  |  |  |  |  |  |  |
|  *Coursework* | **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**

Medway

1. **Internationalisation**

The 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. Furthermore, students may work with individuals for their coursework who have to travel and/or compete internationally.

**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 the delivery of revised version | Section revised | Impacts PLOs (Q6&7 cover sheet) |
|   |   |   |   |   |
|  |  |  |  |  |

Revised FSO Feb 2018