

COURSE SPECIFICATION DOCUMENT

NOTE: ANY CHANGES TO A CSD MUST GO THROUGH ALL OF THE RELEVANT APPROVAL PROCESSES, INCLUDING LTPC.

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| Academic School/Department: | Business and Economics |
| Programme: | BA (Hons) International Sports Management |
| FHEQ Level: | 3 |
| Course Title: | Sport and Exercise Physiology |
| Course Code: | SPT 3105 |
| Course Leader: | TBC |
| Student Engagement Hours: | 120 |
| Lectures: | 30 |
| Seminar / Tutorials: | 15 |
| Independent / Guided Learning : | 75 |
| Semester: | Summer |
| Credits: | 12 UK CATS credits 6 ECTS credits 3 US credits |

Course Description:

The module explores the responses of the cardiovascular, respiratory and energy systems to the anticipation and initial stress of exercise. Students will then research the response of the body when a steady state has been achieved. The areas examined include; waste products, depletion of energy stores and neuromuscular fatigue, recovery from sports and the ways in which the body adapts to repeated bouts of exercise.

Prerequisites: None

Aims and Objectives:

1. Investigate the initial responses of the body to exercise
2. Understand the concept of fatigue and how the body recovers from exercise
3. Understand how the body adapts to long-term exercise

Programme Outcomes

A6, A7

B3, B4, B5

C1

D1, D4, D5

A detailed list of the programme outcomes are found in the Programme Specification.

This is located at the archive maintained by the Academic Registry and found at:
<http://www.richmond.ac.uk/content/academic-schools/academic-registry/program-and-course-specifications.aspx>

Learning Outcomes:

By the end of this course, successful students should be able to:

- 1. Demonstrate knowledge of the body's response to exercise.**
- 2. Understand the concept of fatigue and how the body recovers from exercise.**
- 3. Reflect upon how the body adapts to long-term exercise.**

Indicative Content:

1. Introduction to the study of Sport and Exercise Physiology
2. Historical and cultural perspectives.
3. Overview of basic human anatomy and physiology
4. The body's initial response to exercise including why each process takes place.
5. Introduction to the cardiovascular, respiratory, neuromuscular and energy systems.
6. Introduction to Steady State Exercise.
7. Practical activities/experiments to collect physiological data and use this as a basis for oral presentations
8. The Mechanisms of Fatigue
9. The effect of waste products, neuromuscular fatigue and depletion of energy sources
10. The Cardiovascular and Respiratory Systems
11. How the cardiovascular system and respiratory systems adapt to long-term (chronic) exercise
12. How Does the Body Respond to Initial and Steady-State Exercise?
13. Adaptations to long-term exercise

Assessment:

This course conforms to the Richmond University Standard Assessment Norms approved at Academic Council on June 28, 2012.

Teaching Methodology:

Teaching will be a combination of lectures, seminar discussions and practical workshops, using case studies and drawing on students' own experiences where appropriate. Lectures will be designed to cover the fundamental issues and build upon the recommended book chapters from the reading list and additional recommended readings. Students will be advised to supplement lecture notes by reading the relevant indicative reading(s).

The lectures will be participative in nature and will encourage commentary, application to real life scenarios/experiences and questioning to help develop deep learning and understanding, in addition to transferable skills.

Powercampus will be used to upload lecture notes and other essential course-related information.

Bibliography:

See syllabus for complete reading list

IndicativeText(s):

Powers, S. and [Howley](#), E. (2006) *Exercise Physiology: Theory and Application to Fitness and Performance*. McGraw Hill Higher Education.
(ISBN13: 9780073028637)

Adams, G. M. (2001) *Exercise Physiology Laboratory Manual: Health and Human Performance*. McGraw Hill Higher Education.
(ISBN 9780072489125)

Hazeldine, R. (2000) *Fitness for Sport*. The Crowood Press.
(ISBN 9781861263360)

Heyward, V. H. (2006) *Advanced Fitness Assessment and Exercise Prescription*. Human Kinetics.
(ISBN 9780736057325)

Wilmore, J. and Costill, D. (2008) *Physiology of Sport and Exercise*. Human Kinetics,
(ISBN 9780736055833)

Please Note: The core and the reference texts will be reviewed at the time of designing the semester syllabus

