

Module Title:	Exercise Physiology 2 for Health
Language of Instruction:	English
Credits:	5
NFQ Level:	6
Module Delivered In	2 programme(s)
Teaching & Learning Strategies:	The module includes both large-group and small-group classes, alongside tutor-directed and self-directed independent student learning. The large group lecture classes will include interactive learning activities and formative assessment tasks such as discussions, quizzes, and case studies. The small group practical classes will provide students with the opportunity to develop their hands-on skills in physiological measurement, along with opportunities to reflect on and discuss the application of theory to practice. Independent student learning time will be used for preparation for classes, review of class materials and activities, and work associated with assessment tasks.
Module Aim:	The aim of this module is to enable students to develop their knowledge and understanding of how the human body responds and adapts to exercise, their skills in measuring physiological responses, and their ability to interpret and communicate the results of measurement of physiological responses.
Learning Outcomes	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Describe the physiological demands of different types of sports and exercise
LO2	Describe and explain the cardiovascular, respiratory and metabolic responses to acute exercise and exercise training
LO3	Accurately measure, record, interpret and communicate the results of assessments of physiological responses to exercise
Pre-requisite learning	
Module Recommendations <i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i>	
No recommendations listed	
Incompatible Modules <i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i>	
No incompatible modules listed	
Co-requisite Modules	
No Co-requisite modules listed	
Requirements <i>This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.</i>	
Successful completion of year 1 or equivalent	

Module Content & Assessment

Indicative Content

Acute responses to exercise

Acute cardiovascular, respiratory and metabolic responses to exercise

Adaptations to exercise training

Cardiovascular, respiratory and metabolic adaptations to exercise training

Physiological demands

Physiological demands of sports and activities; patterns of energy demand and contributions of different metabolic pathways to energy production

Integrated physiological responses

Integrated physiological responses such as fatigue, detraining and overtraining; and the consideration of these in training programme design

Physiological measurements

Measurement of physiological responses to exercise such as variables indicating contributions of aerobic and anaerobic metabolism to energy production, generation of power, exercise capacities, and haematological markers of metabolism.

Data collection and interpretation

Principles of recording, analysis, and interpretation of results of physiological measurements

Scientific communication

Principles of accurate and audience-appropriate communication of scientific information and the results of investigations.

Assessment Breakdown	%
Continuous Assessment	10.00%
Practical	50.00%
End of Module Formal Examination	40.00%

Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Other	Mid-semester assessment	1,2	10.00	n/a

No Project

Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Portfolio of evidence of practical skills which may include skills demonstrations, written reports or presentations.	2,3	50.00	n/a

End of Module Formal Examination

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Formal Exam	n/a	1,2,3	40.00	End-of-Semester

SETU Carlow Campus reserves the right to alter the nature and timings of assessment

Module Workload

Workload: Full Time		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	12 Weeks per Stage	3.00
Practicals	12 Weeks per Stage	2.00
Independent Learning	15 Weeks per Stage	4.33
Total Hours		125.00

Module Delivered In

Programme Code	Programme	Semester	Delivery
CW_SASRA_B	Bachelor of Science (Honours) in Sports Rehabilitation and Athletic Therapy	4	Mandatory
CW_SAPHS_C	Higher Certificate in Science in Physiology and Health Science	4	Mandatory