COURSE OUTLINE

SPX331 Exercise Physiology II

School: School of Health - Sport and Exercise Science

2024 | Semester 1

UniSC Sunshine Coast	BLENDED LEARNING	Most of your course is on campus but you may be able to do some components of this course online.

Please go to usc.edu.au for up to date information on the teaching sessions and campuses where this course is usually offered.

1. What is this course about?

1.1. Description

This course provides you with an in-depth understanding of the integrated physiological processes involved during exercise. It builds on the level of knowledge gained in Exercise Physiology I and aims at enhancing your theoretical and practical knowledge of the responses to exercise with various stressors. This course also aims for you to gain experience in reading and interpreting original research articles in exercise physiology. This course will provide you with laboratory experience for the measurement of physiological responses to exercise in research or clinical settings, and as such is essential if you wish to undertake Honours or postgraduate research in the area of Exercise Physiology.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
BLENDED LEARNING			
Learning materials – On-line	2hrs	Week 1	13 times
Laboratory 1 – Face-to-face	2hrs	Week 1	13 times
Tutorial/Workshop 1 – Online zoom session for review. Week 6 and 13	2hrs	Week 6	2 times

1.3. Course Topics

- Cardiovascular physiological principals
- Conducting aerobic assessment
- Interpretation of testing data
- Musculoskeletal physiological principles
- Conducting anaerobic assessment
- Understanding fatigue
- Altitude and exercise
- Exercise and thermal stress

2. What level is this course?

300 Level (Graduate)

Demonstrating coherence and breadth or depth of knowledge and skills. Independent application of knowledge and skills in unfamiliar contexts. Meeting professional requirements and AQF descriptors for the degree. May require pre-requisites where discipline specific introductory or developing knowledge or skills is necessary. Normally undertaken in the third or fourth full-time study year of an undergraduate program.

3. What is the unit value of this course?

12 units

4. How does this course contribute to my learning?

COURSE LEARNING OUTCOMES On successful completion of this course, you should be able to...		GRADUATE QUALITIES Completing these tasks successfully will contribute to you becoming...
1	Evaluate and discuss neuromuscular and cardiovascular physiology under conditions of rest and exercise.	Knowledgeable
2	Analyse exercise data and evaluate current sport science research	Creative and critical thinker
3	Evaluate and describe specific physiological responses and adaptations to exercise that are dependent on exercise intensity, duration, frequency, environmental conditions.	Knowledgeable
4	Evaluate and describe the physiological responses to various modes of exercise and training methodologies	Knowledgeable

5. Am I eligible to enrol in this course?

Refer to the UniSC Glossary of terms for definitions of “pre-requisites, co-requisites and anti-requisites”.

5.1. Pre-requisites

SPX211

5.2. Co-requisites

Not applicable

5.3. Anti-requisites

Not applicable

5.4. Specific assumed prior knowledge and skills (where applicable)

Not applicable

6. How am I going to be assessed?

6.1. Grading Scale

Standard Grading (GRD)

High Distinction (HD), Distinction (DN), Credit (CR), Pass (PS), Fail (FL).

6.2. Details of early feedback on progress

The results of the Sports Science Quiz in Week 3 will provide early feedback on progress.

6.3. Assessment tasks

DELIVERY MODE	TASK NO.	ASSESSMENT PRODUCT	INDIVIDUAL OR GROUP	WEIGHTING %	WHAT IS THE DURATION / LENGTH?	WHEN SHOULD I SUBMIT?	WHERE SHOULD I SUBMIT IT?
All	1	Quiz/zes	Individual	30%	20 Multiple Choice Questions	Throughout teaching period (refer to Format)	Online Test (Quiz)
All	2	Report	Individual	30%	1.5 hr	Week 7	In Class
All	3	Examination - Centrally Scheduled	Individual	40%	2 hours	Exam Period	Exam Venue

All - Assessment Task 1: Sport Science Quiz

GOAL:	Five quizzes on contemporary issues in advanced exercise physiology based on recent research articles in conjunction with lab based activities and learning material. Two research articles will be available to students prior to each quiz with similar themed topics in the lab and from the learning materials.
PRODUCT:	Quiz/zes
FORMAT:	SUBMIT: Weeks 3, 5, 9, 11, 13 The quiz will be multiple choice questions given to you on Canvas.
CRITERIA:	

No.		Learning Outcome assessed
1	Two recent research articles	1 3 4
2	Lab based activities	2
3	Learning material	2

All - Assessment Task 2: Data analysis and report writing

GOAL:	Students will analyse and interpret VO2 max data. You will be required to produce two graphs and interpret the data from the graphs. An explanation of the physiological mechanisms and comparison with athletic and non-athletic populations is also required.
PRODUCT:	Report
FORMAT:	Report
CRITERIA:	

No.		Learning Outcome assessed
1	Depth of sport science research	2
2	Analysis, evaluation and interpretation of research results	2
3	Critical assessment and comparison of current studies.	1

All - Assessment Task 3: Final exam

GOAL:	The final exam is designed to assess your understanding of all components of the course including learning materials, laboratory class, and required readings content, from Week 1 – Week 13 inclusive.
PRODUCT:	Examination - Centrally Scheduled
FORMAT:	Multiple choice (MCQ) and short answer questions
CRITERIA:	

No.		Learning Outcome assessed
1	Knowledge and understanding of theoretical and practical principles of exercise physiology pertaining to the materials covered throughout the semester	1 4

7. Directed study hours

A 12-unit course will have total of 150 learning hours which will include directed study hours (including online if required), self-directed learning and completion of assessable tasks. Student workload is calculated at 12.5 learning hours per one unit.

8. What resources do I need to undertake this course?

Please note: Course information, including specific information of recommended readings, learning activities, resources, weekly readings, etc. are available on the course Canvas site– Please log in as soon as possible.

8.1. Prescribed text(s) or course reader

Please note that you need to have regular access to the resource(s) listed below. Resources may be required or recommended.

REQUIRED?	AUTHOR	YEAR	TITLE	EDITION	PUBLISHER
Required	William D. McArdle,Frank I. Katch,Victor L. Katch	2015	Exercise Physiology	n/a	Lippincott Williams & Wilkins

8.2. Specific requirements

It is compulsory for all students to wear suitable exercising clothing and covered footwear appropriate for physical activity in practical classes and for all practical sessions.

9. How are risks managed in this course?

Health and safety risks for this course have been assessed as low. It is your responsibility to review course material, search online, discuss with lecturers and peers and understand the health and safety risks associated with your specific course of study and to familiarise yourself with the University's general health and safety principles by reviewing the online induction training for students, and following the instructions of the University staff.

10. What administrative information is relevant to this course?

10.1. Assessment: Academic Integrity

Academic integrity is the ethical standard of university participation. It ensures that students graduate as a result of proving they are competent in their discipline. This is integral in maintaining the value of academic qualifications. Each industry has expectations and standards of the skills and knowledge within that discipline and these are reflected in assessment.

Academic integrity means that you do not engage in any activity that is considered to be academic fraud; including plagiarism, collusion or outsourcing any part of any assessment item to any other person. You are expected to be honest and ethical by completing all work yourself and indicating in your work which ideas and information were developed by you and which were taken from others. You cannot provide your assessment work to others. You are also expected to provide evidence of wide and critical reading, usually by using appropriate academic references.

In order to minimise incidents of academic fraud, this course may require that some of its assessment tasks, when submitted to Canvas, are electronically checked through Turnitin. This software allows for text comparisons to be made between your submitted assessment item and all other work to which Turnitin has access.

10.2. Assessment: Additional Requirements

Eligibility for Supplementary Assessment

Your eligibility for supplementary assessment in a course is dependent of the following conditions applying:

The final mark is in the percentage range 47% to 49.4%
The course is graded using the Standard Grading scale
You have not failed an assessment task in the course due to academic misconduct

10.3. Assessment: Submission penalties

Late submission of assessment tasks may be penalised at the following maximum rate:
- 5% (of the assessment task's identified value) per day for the first two days from the date identified as the due date for the assessment task.
- 10% (of the assessment task's identified value) for the third day - 20% (of the assessment task's identified value) for the fourth day and subsequent days up to and including seven days from the date identified as the due date for the assessment task.
- A result of zero is awarded for an assessment task submitted after seven days from the date identified as the due date for the assessment task. Weekdays and weekends are included in the calculation of days late. To request an extension you must contact your course coordinator to negotiate an outcome.

10.4. SafeUniSC

UniSC is committed to a culture of respect and providing a safe and supportive environment for all members of our community. For immediate assistance on campus contact SafeUniSC by phone: 07 5430 1168 or using the SafeZone app. For general enquires contact the SafeUniSC team by phone 07 5456 3864 or email safe@usc.edu.au.

The SafeUniSC Specialist Service is a Student Wellbeing service that provides free and confidential support to students who may have experienced or observed behaviour that could cause fear, offence or trauma. To contact the service call 07 5430 1226 or email studentwellbeing@usc.edu.au.

10.5. Study help

For help with course-specific advice, for example what information to include in your assessment, you should first contact your tutor, then your course coordinator, if needed.

If you require additional assistance, the Learning Advisers are trained professionals who are ready to help you develop a wide range of academic skills. Visit the Learning Advisers web page for more information, or contact Student Central for further assistance: +61 7 5430 2890 or studentcentral@usc.edu.au.

10.6. Wellbeing Services

Student Wellbeing provide free and confidential counselling on a wide range of personal, academic, social and psychological matters, to foster positive mental health and wellbeing for your academic success.

To book a confidential appointment go to Student Hub, email studentwellbeing@usc.edu.au or call 07 5430 1226.

10.7. AccessAbility Services

Ability Advisers ensure equal access to all aspects of university life. If your studies are affected by a disability, learning disorder mental health issue, injury or illness, or you are a primary carer for someone with a disability or who is considered frail and aged, AccessAbility Services can provide access to appropriate reasonable adjustments and practical advice about the support and facilities available to you throughout the University.

To book a confidential appointment go to Student Hub, email AccessAbility@usc.edu.au or call 07 5430 2890.

10.8. Links to relevant University policy and procedures

For more information on Academic Learning & Teaching categories including:

- Assessment: Courses and Coursework Programs
- Review of Assessment and Final Grades
- Supplementary Assessment
- Central Examinations
- Deferred Examinations
- Student Conduct
- Students with a Disability

For more information, visit https://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching

10.9. Student Charter

UniSC is committed to excellence in teaching, research and engagement in an environment that is inclusive, inspiring, safe and respectful. The Student Charter sets out what students can expect from the University, and what in turn is expected of students, to achieve these outcomes.

10.10. General Enquiries

In person:

- **UniSC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **UniSC Moreton Bay** - Service Centre, Ground Floor, Foundation Building, Gympie Road, Petrie
- **UniSC SouthBank** - Student Central, Building A4 (SW1), 52 Merivale Street, South Brisbane
- **UniSC Gympie** - Student Central, 71 Cartwright Road, Gympie
- **UniSC Fraser Coast** - Student Central, Student Central, Building A, 161 Old Maryborough Rd, Hervey Bay
- **UniSC Caboolture** - Student Central, Level 1 Building J, Cnr Manley and Tallon Street, Caboolture

Tel: +61 7 5430 2890
Email: studentcentral@usc.edu.au