EXERSCI 105
Exercise Prescription
(15 points)
(Semester 2, City Campus)

Who should take this course?

What should my heart rate be when working out? How do you improve someone’s health with exercise? How do you measure someone’s “fitness”? If you are asking yourself these types of questions then you will benefit from this course. This course will teach you how to practice evidence based exercise prescription. This course is open for any student who has an interest in exercise.

Learning Outcomes

- Assess physical fitness status of apparently healthy individuals
- Prescribe correct quantity and quality of exercise for cardiorespiratory fitness, weight control, muscular strength and endurance
- Discuss and demonstrate methods to assess physical fitness status
- Demonstrate knowledge of evidence-based exercise prescription guidelines

Learning and Teaching

Students are expected to attend 2 lectures and one 2 hour laboratory session per week.

The laboratory sessions are focused on assessing, interpreting and prescribing exercise for the different attributes of physical fitness and take place in the University’s Health and Performance Clinic in Colin Maiden Park at Tāmaki Campus.

Teaching Staff

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Student Feedback (2014)

Student satisfaction with quality of the course: 95.2%
Effectiveness of lecturer as a teacher: 95.0%
The course content was structured in a clear and a logical manner: 90.5%