EXERSCI 201
Exercise Physiology 1

(15 points)
(Semester 1, City Campus)

Prerequisites: 15 points from BIOSCI 107, EXERSCI 101, 103, MEDSCI 142, SPORTSCI 101, 103

Who should take this course?
If you are interested in the science of how the human body performs, recovers from and adapts to exercise (or even the lack of it), then you will benefit from this course.

This course is a required course within the BSc Exercise Sciences major.

In this course you will be introduced to the physiological and biochemical requirements and provision of energy for acute exercise and recovery. Students will discuss key mechanisms involved in physiological system responses to aerobic and anaerobic exercise. Students will gain skills in experimental and scientific procedures of measuring and reporting on physiological responses to acute exercise.

Learning Outcomes

1. Explain the physiological requirements and provision of energy for voluntary exercise.
2. Explain the physiological responses of various body systems to acute exercise.
3. Conduct accurate and reliable scientific measurements of physiological performance in healthy human participants.
4. Analyse, interpret and report on scientific measurements of physiological performance in healthy human participants.

Learning and Teaching
Students are expected to attend 2 x 1 hour lectures per week and attend and participate in four 3-hour laboratory classes held fortnightly throughout the semester.

The laboratory classes are a key component to learning and applying the lecture material, using scientific equipment and developing data collection, exercise prescription and physiological assessment skills with human participants (you and your classmates). Above all, students will gain a first-hand, scientific perspective (evidence) of how the human body performs and responds to different forms of exercise.
Teaching Staff

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Assessment*

Midterm Test (20%)  
Final Examination (50%)  
Laboratory Coursework (30%)  
* subject to change

Recommended Textbooks.