EXERSCI 301
Exercise Physiology 2
(15 points)
(Semester 1, Grafton & Tāmaki Campuses)
Prerequisites: EXERSCI 201 or SPORTSCI 201

Who should take this course?
How does the body adapt to exercise or physical inactivity? The main objective of this course is for students to develop an understanding of the physiological response and adaption to short or long-term exercise or physical inactivity. The physiological mechanisms that regulate structural and functional adaptation in the human body in response to exercise training and physical inactivity will be covered in lecture materials.

This course is a required course within the BSc Exercise Sciences (formerly Sport and Exercise Science) major.

Learning Outcomes
By the end of this course students should be able to:

1. Understand and be able to discuss the physiological adaptation to short and long-term exercise or physical inactivity.
2. Understand scientific approaches to determining the regulation, manipulation and adaptation to exercise or physical inactivity.
3. Demonstrate via laboratory reporting the rationale of different laboratory procedures for the collection of physiological data in healthy individuals. In particular, students will be able to:
   a. Understand and follow subject and tester safety precautions and procedures, including participant screening and informed consent.
   b. Demonstrate controlled, accurate, testing and data collection.
   c. Appreciate the limitations and errors associated with different testing methods and equipment.
   d. Integrate and interpret information from selected research literature.

Learning and Teaching
Students are expected to attend two 1-hour lectures each week and one 3-hour laboratory session fortnightly. Laboratory classes are key for the practical application of lecture materials and understanding the safe and accurate collection of physiological data in healthy individuals. Tutorial sessions are available for additional support for data analysis and appropriate reporting of laboratory data.
Teaching Staff

Dr Graeme Carrick-Ranson
Department of Exercise Sciences
Faculty of Science
P| 373 7599 ext 86849
E| g.ranson@auckland.ac.nz

Associate Professor Heather Smith
Department of Exercise Sciences
Faculty of Science
P| 373 7599 ext 84681
E| h.smith@auckland.ac.nz

Assessment*

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<tr>
<th>Assessment</th>
<th>Weight</th>
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<tbody>
<tr>
<td>Mid-Semester Test</td>
<td>15%</td>
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<tr>
<td>Laboratory Tests</td>
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<td>Laboratory Reports</td>
<td>30%</td>
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<td>Final Exam</td>
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*subject to change

Recommended Textbooks


Student Feedback
91% of students found this course intellectually stimulating
88% of students were satisfied with the quality of this course

31.10.2017