EXERSCI 399
Capstone: Applying Exercise Sciences
(15 points)

(Semester 1 & 2, Newmarket Campus)
Prerequisite: 15 points from EXERSCI 301, 303, 304
Corequisite: EXERSCI 305

Who should take this course?
This course is a required course within the BSc Exercise Sciences major.

This course focuses on the integration and practical application of prior taught knowledge from the required courses of the Exercise Sciences major. In this course you will be required to bring together knowledge and assessment data to inform how a case specific activity is performed and influenced. Practical skills include demonstrating assessment of sport/daily living specific movements and written/oral communication.

Intended Learning Outcomes of the Course
By the end of the course, it is expected that students will be able to:

- Develop an activity/sport-specific needs analysis.
- Perform a sport-based fitness and movement assessment with apparently healthy individuals.
- Model effective verbal and non-verbal communication skills.
- Apply an understanding of physiology, biomechanics, neuroscience, and psychology to inform the needs of the activity/sport.
- Discuss the influence of understanding exercise physiology and psychology on activity/sport specific outcomes within New Zealand.
- Reflect on the experience acknowledging continual learning to ensure skill development from real-world experiences.

Learning and Teaching
Students are expected to attend one 1-hour tutorial each week along with bi-weekly visits to host schools, where assessments of top-level sporting teams will be performed. As a key learning outcome of the course is the development of skills to perform a fitness and movement assessment, these tutorials and school sessions are a key component to learning ensuring students are supported and progressing as expected. Responsibility is placed on the student to ensure they make use of the allocated space and time that would ensure achievement of assessments.

Teaching Staff
Daniel Gordon
Tutor
Department of Exercise Science
Faculty of Science
373 7599 extn. 82120
d.gordon@auckland.ac.nz

Assessment*
- Laboratory equipment test 10%
- Assessment documentation 15%
- Practical performance assessment 30%
- Project report 40%
- Reflective journal 5%
*subject to change
Recommended Textbooks:
All required reading and study material is made available online via CANVAS.

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