EXERSCI 399
Capstone: Applying Exercise Sciences
(15 points)
(Semester 1 & 2, Newmarket Campus)
Prerequisite: 30 points at Stage III Exercise Sciences

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 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 a case specific needs analysis appropriately identifying conditions to assess physiological requirements.
- Model and collect case specific data in order to fulfil the chosen case.
- Apply an understanding of physiology, biomechanics, neuroscience, and psychology to inform how movements are performed.
- Discuss the influence of understanding exercise physiology and psychology on case 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 weekly laboratory classes. As cases will be completed via student self-directed learning these tutorials and labs 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
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Assessment*
3-D motion capture data collection 20%
Group based pitch 30%
Individual project report 40%
Reflective journal 10%

*subject to change

Recommended Textbooks:
All required reading and study material is made available online via CANVAS.

29/10/2019