EXERSCI 712
Advanced Exercise Prescription (15 points)
(Semester 1, Tāmaki Innovation/Newmarket Campus)

Who should take this course?
This course is required for completion of the Post Graduate Diploma in Science in Clinical Exercise Physiology. Other post graduate students eligible for post graduate study in the Department of Exercise Sciences are also encouraged to enrol.

No course prerequisites.

Learning Outcomes
Students will:
- Have a deeper understanding of the scientific evidence behind advanced principles and concepts of cardiopulmonary function testing, interpretation and application to exercise prescription development and programme monitoring.
- Have a deeper understanding of the scientific evidence behind advanced principles and concepts of assessment, monitoring and programming for musculoskeletal function and anthropometry.
- Critically analyse, and integrate information from the research literature relating to the efficacy of the manipulation of key components of exercise programmes in achieving the desired physical outcomes.
- Have a broader repertoire and understanding of techniques to apply the principles of exercise prescription in evidence based practice.
- Be able to identify the availability of research literature that explains the rationale behind practices within exercise programmes.
- Propose scientific approaches to be able to support or refute practices peculiar to a specific exercise programme or prescribed component.

Learning and Teaching
The course material is presented primarily in a lecture-based format by the course coordinator, clinical teaching staff and class students. Class discussion of presented material forms an integral part of the learning process. The class meets twice per week throughout the term. Location TBA.

Coordinator
Dr Stacey Reading
Programme Director Clinical Exercise Physiology
Department of Exercise Sciences
Faculty of Science
373 7599 extn 83766
s.reading@auckland.ac.nz

Assessment
Term tests (60%), presentations (20%) and a case study assignment (20%) are used to assess student learning. *Note: Assessments and weightings are subject to change.

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