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University of
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High Performance Physiology - SS564

Looking for a different module?

Location	Term	Level 1 (#info)	Credits (ECTS) 2 (#info)	Current Convener 3 (#info)	2021 to 2022
Canterbury	Spring	6	15 (7.5)		☑

Overview

This module aims to increase the student's knowledge and understanding of the physiology governing sports performance. Contemporary training methods will be discussed. It also further develops the skills necessary to analyse and critically assess performance. Practical sessions will also be conducted to reinforce theoretical knowledge.

The following topics will be covered in this module are:

- Oxygen uptake kinetics
- Contemporary issues in training
- Processes of fatigue and implications for training
- Recovery from training
- Tapering
- The effects of altitude and altitude training
- Genetics and athletic performance
- Plasticity of the human muscle fibre

Details

Contact hours

1 hour lecture weekly and 2 hour practical bi-weekly

Method of assessment

100% Coursework

Indicative reading

McArdle, W. D., Katch, F.I., & Katch, V.L. (2010). Exercise Physiology: Energy, Nutrition, and Human Performance. 7th edn. Baltimore, USA: Lippincott, Williams and Wilkins

[See the library reading list for this module \(Medway\)](#)

(<https://medway.rl.talis.com/modules/ss564.html>)

Learning outcomes

Students who take full advantage of the opportunities made available to them will, on successful completion of the module, be able to:

1. Understand the integrated nature of exercise physiology
2. Critically analyse the key physiological components required in sport and exercise related activities
3. Critically analyse contemporary issues in relation to exercise physiology and tra

Notes

1. **Credit level 6**. Higher level module usually taken in Stage 3 of an undergraduate degree.
2. **ECTS credits** are recognised throughout the EU and allow you to transfer credit easily from one university to another.
3. **The named convenor** is the convenor for the current academic session.

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