











Exercise Physiology 1

COURSE LEVEL Undergraduate

YEAR 2021

COURSE INFORMATION

 AREA/CATALOGUE HLTH 2006	 COURSE ID O12631	 TIMETABLE/S First Semester (Study Period 2)
 COURSE LEVEL Undergraduate	 UNIT VALUE 4.5	 COURSE OWNER UniSA Allied Health & Human Performance
 OFFERED EXTERNALLY No	 UNIVERSITY-WIDE ELECTIVE COURSE No	

Course aim

Introduce students to the theory underlying, and test procedures for evaluating, the physiological responses and adaptations to acute and chronic exercise and how these impact on health, fitness and physical performance.

Course content

Muscle structure and function; energy metabolism; neuromuscular control of movement; principles of exercise testing; principles of fatigue; regulation of the cardiovascular and respiratory systems at rest and during exercise; principles of exercise training; adaptations of the cardiovascular, respiratory and neuromuscular systems to exercise training; effects of common medications and other factors on exercise and training responses; health effects of physical activity; special considerations for exercise in children and older adults; gender differences in sport and exercise; special considerations for exercise in patients with chronic disease (cancer, type 2 diabetes, cardiovascular disease, disorders of bones and joints).

Textbook(s)

Kenney WL, Wilmore JH, Costill DL. 2019, *Physiology of Sport & Exercise*, 7th edition, Human Kinetics, Champaign

Prerequisite(s)

Subject Area & Catalogue Number

Course Name



Common to all relevant programs	BIOL 2035
Subject Area & Catalogue Number	Physiology
Common to all relevant programs	BIOL 1049
Subject Area & Catalogue Number	Human Physiology 100
Common to all relevant programs	BIOL 1051
Subject Area & Catalogue Number	Physiology Essentials 100

Students need to have completed one of the above courses to meet the prerequisite.

Corequisite(s)

Nil

Teaching method

INTERNAL, CITY EAST	
Component	Lecture
Duration	2 x 1 hour x 13 weeks
Component	Practical
Duration	2 hours x 11 weeks

Note: These components may or may not be scheduled in every study period. Please refer to the timetable for further details.

Assessment

INTERNAL, CITY EAST	
Task	Test
Length	-
Weighting	15%
Duration	40 minutes
Task	Written examination
Length	-
Weighting	55%
Duration	2 hours
Task	Practical examination
Length	-



Weighting	30%
Duration	15 minutes

Fees

EFTSL*: 0.125

Commonwealth Supported program (Band 2)

To determine the fee for this course as part of a Commonwealth Supported program, go to:

[How to determine your Commonwealth Supported course fee. \(Opens new window\)](#)

Fee-paying program for domestic and international students

International students and students undertaking this course as part of a postgraduate fee paying program must refer to the relevant program home page to determine the cost for undertaking this course.

Non-award enrolment

Non-award tuition fees are set by the university. To determine the cost of this course, go to:

[How to determine the relevant non award tuition fee. \(Opens new window\)](#)

Not all courses are available on all of the above bases, and students must check to ensure that they are permitted to enrol in a particular course.

** Equivalent Full Time Study Load. Please note: all EFTSL values are published and calculated at ten decimal places. Values are displayed to three decimal places for ease of interpretation.*

Course Coordinators



Dr Samuel Chalmers >

UniSA Allied Health & Human Performance



Contact us

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International students

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For further information please visit unisa.edu.au/study

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