











# Exercise Physiology 2

COURSE LEVEL Undergraduate

YEAR 2021

## COURSE INFORMATION

 <b>AREA/CATALOGUE</b> HLTH 2005	 <b>COURSE ID</b> O11589	 <b>TIMETABLE/S</b> Second Semester (Study Period 5)
 <b>COURSE LEVEL</b> Undergraduate	 <b>UNIT VALUE</b> 4.5	 <b>COURSE OWNER</b> UniSA Allied Health & Human Performance
 <b>OFFERED EXTERNALLY</b> No	 <b>UNIVERSITY-WIDE ELECTIVE COURSE</b> No	

## Course aim

Equip students with the necessary skills to safely and competently perform health, exercise and sport related assessments. Further, the students will be able to apply knowledge of the physiological effects of exercise and training to the evaluation of assessment outcomes.

## Course content

Physiological responses to exercise in extreme environments – heat, cold and altitude; body composition measurement using hydrodensitometry, skinfolds and bioelectrical impedance; physiology, measurement and interpretation of maximal aerobic power – sub-maximal prediction and maximal indirect calorimetry protocols; physiology, measurement and interpretation of lactate threshold; physiology, measurement and interpretation of anaerobic power; physiology, measurement and interpretation of muscular strength, power and endurance; Ratings of Perceived Exertion for prescribing exercise; determinants of data quality; ethical considerations for fitness testing.

## Textbook(s)

Wilmore, J H, Costill, D L & Kenney, WL 2019, *Physiology of Sport & Exercise*, 7th edn, Human Kinetics, Champaign, IL

## Prerequisite(s)

### Subject Area & Catalogue Number

### Course Name

Common to all relevant programs

HLTH 2006



Subject Area &amp; Catalogue Number

Exercise Physiology 1

## Corequisite(s)

Nil

## Teaching method

INTERNAL, CITY EAST	
Component	Lecture
Duration	2 x 1 hour x 13 weeks
Component	Practical
Duration	2 hours x 13 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	Quiz
Length	-
Weighting	15%
Duration	30 minutes
Task	Practical examination
Length	-
Weighting	40%
Duration	40 minutes
Task	Written examination
Length	-
Weighting	45%
Duration	2 hours

## 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



**AsPr Jim Dollman** >

UniSA Allied Health & Human Performance



## Contact us

### Australian students

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For further information please visit [unisa.edu.au/study](https://unisa.edu.au/study)

Information correct at the time of publication. CRICOS provider number OO121B.

