

## MODULE DESCRIPTOR

### Module Title

Physiology of Health and Performance Testing

|           |           |             |        |
|-----------|-----------|-------------|--------|
| Reference | HS2150    | Version     | 1      |
| Created   | May 2021  | SCQF Level  | SCQF 8 |
| Approved  | June 2021 | SCQF Points | 15     |
| Amended   |           | ECTS Points | 7.5    |

### Aims of Module

This module aims to develop students' theoretical knowledge and ability to apply practical skills around health and performance fitness testing.

### Learning Outcomes for Module

On completion of this module, students are expected to be able to:

- 1 Explain the underlying physiology related to various health and performance fitness testing protocols.
- 2 Discuss the strengths and weaknesses of fitness test protocols relevant to general and athletic populations
- 3 Collect, interpret, and present data from selected health and performance fitness tests
- 4 Demonstrate the necessary professionalism through attendance at learning opportunities required for safe practice.

### Indicative Module Content

Physiological needs analysis for general and athletic populations. Assessment of general and performance fitness variables including (Body composition, strength, muscular power, muscular endurance, speed, agility, aerobic power, functional capacity, gait analysis, and movement and flexibility). Interpretation of a range of data using a variety of retrieval methods from general and performance fitness testing including Descriptive statistics, reliability and validity, meaningful change and presentation of results

### Module Delivery

Blended delivery comprising on campus and online learning and engagement. This will include Digital Learning Resources, Tutorials and Practical sessions.

| <b>Indicative Student Workload</b>   | Full Time | Part Time |
|--|-----------|-----------|
| Contact Hours  | 36        | N/A       |
| Non-Contact Hours  | 114       | N/A       |
| Placement/Work-Based Learning Experience [Notional] Hours                    | N/A       | N/A       |
| TOTAL  | 150       | N/A       |
| <i>Actual Placement hours for professional, statutory or regulatory body</i> |           |           |

## ASSESSMENT PLAN

If a major/minor model is used and box is ticked, % weightings below are indicative only.

### Component 1

Type: Practical Exam Weighting: 100% Outcomes Assessed: 1, 2, 3  
 Description: Presentation

### Component 2

Type: Coursework Weighting: 0% Outcomes Assessed: 4  
 Description: Minimal module attendance requirement of 80%

## MODULE PERFORMANCE DESCRIPTOR

### Explanatory Text

Component 1 grade based on grading proforma. Component 2 is a minimum modular attendance requirement of 80%

| Module Grade | Minimum Requirements to achieve Module Grade:                                  |
|--------------|--|
| <b>A</b>     | Component 1 A; Component 2 Pass  |
| <b>B</b>     | Component 1 B; Component 2 Pass  |
| <b>C</b>     | Component 1 C; Component 2 Pass  |
| <b>D</b>     | Component 1 D; Component 2 Pass  |
| <b>E</b>     | Component 1 E; Component 2 Pass  |
| <b>F</b>     | Component 1 F and/or fails Component 2   |
| <b>NS</b>    | Non-submission of work by published deadline or non-attendance for examination |

## Module Requirements

|                          |  |
|--------------------------|--|
| Prerequisites for Module | Successful completion of Stage 1 of the BSc (Hons) Applied Sport and Exercise Science course, or equivalent. |
| Corequisites for module  | None.  |
| Precluded Modules        | None.  |

## ADDITIONAL NOTES

A pass will not normally be awarded for this module unless the student has engaged in course related research activities.

**INDICATIVE BIBLIOGRAPHY**

- 1 TANNER, R.K. & GORE, C.J., 2013. Physiological tests for elite athletes. 2nd ed. Champaign, IL: Human Kinetics
- 2 WINTER, E.M., 2007. Sport and exercise physiological testing guidelines. London: Routledge
- 3 BEAM, W., & ADAMS, G., 2019. Exercise physiology laboratory manual. 8th ed. London: McGraw-Hill
- 4 Liguori, G. and American College of Sports Medicine, 2020. ACSM's guidelines for exercise testing and prescription. 11th ed. Lippincott Williams & Wilkins.
- 5 McGuigan, M., 2017. Monitoring training and performance in athletes. Human Kinetics.