



# PHTY3000

## Physiological Adaptations to Exercise and Exercise Prescription

Session 1, Weekday attendance, North Ryde 2020

*Department of Health Professions*

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#### Disclaimer

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## General Information

Unit convenor and teaching staff

Unit convenor and lecturer

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Jodie Wills

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Credit points

10

Prerequisites

120cp including (HLTH108 or ANAT1001) and ((HLTH109 or ANAT1002) or (MEDI203 or MEDI2100 or MEDI211 or MEDI2101)) and (BIOL247 or BIOL2220)

Corequisites

Co-badged status

Unit description

The unit will cover the basic principles of exercise physiology. You will build on this knowledge and apply an integrated approach to explore: i) how the body responds to different types exercise training strategies; ii) how the body responds to exercise in different environments; and iii) why exercise is beneficial for improving fitness and health-related parameters in healthy individuals and those with common health conditions. You will draw on knowledge from human physiology and anatomy, and be provided with practical experiences to apply this theoretical knowledge.

## Important Academic Dates

Information about important academic dates including deadlines for withdrawing from units are available at <https://www.mq.edu.au/study/calendar-of-dates>

## Learning Outcomes

On successful completion of this unit, you will be able to:

**ULO1:** Describe the normal physiological (cardiovascular, respiratory, metabolic and musculoskeletal) response to exercise.

**ULO2:** Describe and identify appropriate exercise testing for a healthy population.

**ULO5:** Describe the physiological rationale for different exercise paradigms.

**ULO4:** Analyse and interpret exercise data from healthy adults and modify for those with common health conditions.

**ULO6:** Apply an integrated approach to describe the human physiological responses to exercising in hot, cold, hypoxic, and hyperbaric conditions.

**ULO3:** Evaluate an exercise programme for healthy adults and modify for those with common health conditions.

**ULO7:** Communicate awareness of the societal, cultural and ethical aspects of exercise to the wider community.

## Assessment Tasks

### Coronavirus (COVID-19) Update

Assessment details are no longer provided here as a result of changes due to the Coronavirus (COVID-19) pandemic.

Students should consult [iLearn](#) for revised unit information.

[Find out more about the Coronavirus \(COVID-19\) and potential impacts on staff and students](#)

## General Assessment Information

Information concerning Macquarie University's assessment policy is available at [http://mq.edu.au/policy/docs/assessment/policy\\_2016.html](http://mq.edu.au/policy/docs/assessment/policy_2016.html). Grade descriptors and other information concerning grading requirements are contained in Schedule 1 of the Macquarie University Assessment Policy.

Further details for each assessment task will be available on iLearn.

All final grades are determined by a grading committee and are not the sole responsibility of the Unit Convenor.

Students will be awarded a final grade plus a Standardised Numerical Grade (SNG). The SNG is not necessarily a summation of the individual assessment components. The final grade and SNG that are awarded reflect the corresponding grade descriptor in the Grading Policy.

To pass this unit, students must demonstrate sufficient evidence of achievement of the learning outcomes, attempt all assessment tasks, meet any ungraded requirements including professionalism and achieve an SNG of 50 or better.

## Student Professionalism

In the Faculty of Medicine and Health Sciences, professionalism is a key capability embedded in all our courses. As part of developing professionalism, students are expected to engage in all lecture material and laboratory-based practical sessions.

Similarly, as part of developing professionalism, students are expected to submit all work by the due date. Applications for assessment task extensions must be supported by appropriate evidence and submitted via [www.ask.mq.edu.au](http://www.ask.mq.edu.au). For further details please refer to the Special Consideration Policy available at <https://students.mq.edu.au/study/my-study-program/special-consideration>.

## Late Submission

All assignments which are officially received after the due date, and where no extension has been granted, will incur a deduction of 5% for the first day, and 5% for each subsequent day including the actual day on which the work is received. Weekends and public holidays are included. For example:

Due date	Received	Days late	Deduction	Raw mark	Final mark
Friday 14th	Monday 17th	3	15%	75%	60%

## Delivery and Resources

### Coronavirus (COVID-19) Update

Any references to on-campus delivery below may no longer be relevant due to COVID-19.

Please check here for updated delivery information: [https://ask.mq.edu.au/account/pub/display/unit\\_status](https://ask.mq.edu.au/account/pub/display/unit_status)

### Unit Organisation

This unit is run over a 13 week session. Each week there is a two hour lecture and every second week there is a two hour laboratory. Further information is available via the PHTY3000 iLearn site <http://ilearn.mq.edu.au>

## **Assumed knowledge**

This unit builds on your learning in the previous undergraduate units particularly in the area of Physiology.

## **Teaching and Learning Strategy**

This unit will have a 2 hour lecture and 2 hour laboratory every second week. Lectures will provide foundation knowledge and also provide discussion of concepts and ideas to further understanding of the content. Laboratories will allow for the demonstration and learning of practical skills relevant to Exercise Physiology. The teaching approach will be based on students developing a deep understanding of principles and the ability to independently solve problems, with the expectation that students can then translate this knowledge to different scenarios.

## **Textbooks & Readings**

### Essential

This unit does not have any textbooks that are essential for you to purchase.

### Recommended

The following texts will be useful resources and available in the library. Recommendations about specific readings from these and other resources (such as research papers, books, websites and videos) will be listed on iLearn.

- *Exercise Physiology: for health fitness and performance.* S.A.Plowman and D.L. Smith , 5th ed., Wolters Kluwer
- *ACSM's Guidelines for Exercise Testing and Prescription.* American College of Sports medicine [www.acsm.org](http://www.acsm.org), 10th ed., Wolters Kluwer

## **Attendance**

All lectures and tutorials are scheduled in your individual timetable. You may make a request to your tutor to attend a different tutorial on a one-off basis for extenuating circumstances. In most cases lectures are recorded (this cannot be guaranteed as ICT issues may occur preventing this) however, attendance is expected at both lectures and tutorials, as this is where the majority of learning occurs. Failure to attend may impact your final results. It is the responsibility of the student to contact their tutor by email to inform tutors if they are going to be absent. The timetable for classes can be found on the University web site at: [http://www.timetables.mq.edu.a](http://www.timetables.mq.edu.au/)  
[u/](http://www.timetables.mq.edu.au/)

## **Technology and Equipment**

### On-campus

Teaching rooms are equipped with state of art audio-visual and ICT equipment including iPads, internet connection, high quality video cameras and multiple LCD screens. Students will use a range of physiotherapy specific equipment typically used in the assessment and management of people with a range of health conditions.

### Off-campus

Should you choose to work off campus you will need to have access to a reliable internet connection in order to retrieve unit information & at times to submit assessment tasks via iLearn.

## Policies and Procedures

Macquarie University policies and procedures are accessible from [Policy Central](https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central) (<https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central>). Students should be aware of the following policies in particular with regard to Learning and Teaching:

- [Academic Appeals Policy](#)
- [Academic Integrity Policy](#)
- [Academic Progression Policy](#)
- [Assessment Policy](#)
- [Fitness to Practice Procedure](#)
- [Grade Appeal Policy](#)
- [Complaint Management Procedure for Students and Members of the Public](#)
- [Special Consideration Policy](#) (**Note:** *The Special Consideration Policy is effective from 4 December 2017 and replaces the Disruption to Studies Policy.*)

Students seeking more policy resources can visit the [Student Policy Gateway](https://students.mq.edu.au/support/study/student-policy-gateway) (<https://students.mq.edu.au/support/study/student-policy-gateway>). It is your one-stop-shop for the key policies you need to know about throughout your undergraduate student journey.

If you would like to see all the policies relevant to Learning and Teaching visit [Policy Central](https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central) (<https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central>).

## Student Code of Conduct

Macquarie University students have a responsibility to be familiar with the Student Code of Conduct: <https://students.mq.edu.au/study/getting-started/student-conduct>

## Results

Results published on platform other than [eStudent](#), (eg. iLearn, Coursera etc.) or released directly by your Unit Convenor, are not confirmed as they are subject to final approval by the University. Once approved, final results will be sent to your student email address and will be made available in [eStudent](#). For more information visit [ask.mq.edu.au](https://ask.mq.edu.au) or if you are a Global MBA student contact [globalmba.support@mq.edu.au](mailto:globalmba.support@mq.edu.au)

## Student Support

Macquarie University provides a range of support services for students. For details, visit <http://students.mq.edu.au/support/>

## Learning Skills

Learning Skills ([mq.edu.au/learningskills](https://mq.edu.au/learningskills)) provides academic writing resources and study

strategies to help you improve your marks and take control of your study.

- [Getting help with your assignment](#)
- [Workshops](#)
- [StudyWise](#)
- [Academic Integrity Module](#)

The Library provides online and face to face support to help you find and use relevant information resources.

- [Subject and Research Guides](#)
- [Ask a Librarian](#)

## Student Services and Support

Students with a disability are encouraged to contact the [Disability Service](#) who can provide appropriate help with any issues that arise during their studies.

## Student Enquiries

For all student enquiries, visit Student Connect at [ask.mq.edu.au](http://ask.mq.edu.au)

If you are a Global MBA student contact [globalmba.support@mq.edu.au](mailto:globalmba.support@mq.edu.au)

## IT Help

For help with University computer systems and technology, visit [http://www.mq.edu.au/about\\_us/offices\\_and\\_units/information\\_technology/help/](http://www.mq.edu.au/about_us/offices_and_units/information_technology/help/).

When using the University's IT, you must adhere to the [Acceptable Use of IT Resources Policy](#). The policy applies to all who connect to the MQ network including students.

## Changes since First Published

Date	Description
02/03/2020	Change of lecture and tutorial attendance
26/02/2020	Lecture attendance modified