



PHTY3000

Exercise Physiology

Session 1, Special circumstances 2021

Department of Health Professions

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Disclaimer

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Notice

As part of [Phase 3 of our return to campus plan](#), most units will now run tutorials, seminars and other small group activities on campus, and most will keep an online version available to those students unable to return or those who choose to continue their studies online.

To check the availability of face-to-face activities for your unit, please go to [timetable viewer](#). To check detailed information on unit assessments visit your unit's iLearn space or consult your unit convenor.

General Information

Unit convenor and teaching staff

Convenor and Lecturer

Karen Peebles

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Director/Bachelor of Human Sciences

Tim Doyle

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Lecturer

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://students.mq.edu.au/important-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.

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

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

ULO5: Describe the physiological rationale for different exercise paradigms.

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

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

General Assessment Information

Information concerning Macquarie University's assessment policy is available at 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, Health and Human 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 or tutorial 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. 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%

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Assessment Tasks

Name	Weighting	Hurdle	Due
Mid session quiz	20%	No	Week 6
Health Pitch	30%	No	Week 12
Final Examination	50%	No	Date to be confirmed within examination period

Mid session quiz

Assessment Type ¹: Quiz/Test

Indicative Time on Task ²: 15 hours

Due: **Week 6**

Weighting: **20%**

Students will complete an online quiz during a specified period.

On successful completion you will be able to:

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

- Describe and identify appropriate exercise testing for a healthy population.
- Evaluate an exercise programme for healthy adults and modify for those with common health conditions.
- Analyse and interpret exercise data from healthy adults and modify for those with common health conditions.
- Describe the physiological rationale for different exercise paradigms.

Health Pitch

Assessment Type ¹: Presentation

Indicative Time on Task ²: 20 hours

Due: **Week 12**

Weighting: **30%**

In small groups you will develop and present a short health pitch and accompanying infographic demonstrating your understanding of exercising in a challenging environment or with a common health condition.

On successful completion you will be able to:

- Describe the physiological rationale for different exercise paradigms.
- Apply an integrated approach to describe the human physiological responses to exercising in hot, cold, hypoxic, and hyperbaric conditions.
- Communicate awareness of the societal, cultural and ethical aspects of exercise to the wider community.

Final Examination

Assessment Type ¹: Examination

Indicative Time on Task ²: 30 hours

Due: **Date to be confirmed within examination period**

Weighting: **50%**

This written exam will test your understanding of all content delivered in this unit of study. It will comprise a combination of multiple choice and short answer questions. This exam will be invigilated.

On successful completion you will be able to:

- Describe the normal physiological (cardiovascular, respiratory, metabolic and musculoskeletal) response to exercise.
- Describe and identify appropriate exercise testing for a healthy population.
- Evaluate an exercise programme for healthy adults and modify for those with common health conditions.

- Analyse and interpret exercise data from healthy adults and modify for those with common health conditions.
- Describe the physiological rationale for different exercise paradigms.
- Apply an integrated approach to describe the human physiological responses to exercising in hot, cold, hypoxic, and hyperbaric conditions.
- Communicate awareness of the societal, cultural and ethical aspects of exercise to the wider community.

¹ If you need help with your assignment, please contact:

- the academic teaching staff in your unit for guidance in understanding or completing this type of assessment
- the [Learning Skills Unit](#) for academic skills support.

² Indicative time-on-task is an estimate of the time required for completion of the assessment task and is subject to individual variation

Delivery and Resources

Unit Organisation

This unit is run over a 13 week session. Each week there is a two online hour lecture and a two hour face-to-face laboratory or tutorial. 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/tutorial every 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. Tutorials will comprise activities to consolidate learning. 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, 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 laboratory/tutorial on a one-off basis for extenuating circumstances. Attendance is expected at both laboratories 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.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 \(https://policies.mq.edu.au\)](https://policies.mq.edu.au). 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](#)

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

To find other policies relating to Teaching and Learning, visit [Policy Central \(https://policies.mq.edu.au\)](https://policies.mq.edu.au) and use the [search tool](#).

Student Code of Conduct

Macquarie University students have a responsibility to be familiar with the Student Code of Conduct: <https://students.mq.edu.au/admin/other-resources/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 or if you are a Global MBA student contact 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) 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 Enquiry Service

For all student enquiries, visit Student Connect at ask.mq.edu.au

If you are a Global MBA student contact globalmba.support@mq.edu.au

Equity 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.

IT Help

For help with University computer systems and technology, visit 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 from Previous Offering

Fortnightly tutorials (commencing in Week 3) have been added to consolidate student learning.

The weighting of the mid-session quiz has been reduced from 30% to 20%, whilst the final examination has been increased from 40% to 50%.