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Module Code:	SPT414
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Module Title:	Introduction to Anatomy and Physiology
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Level:	4	Credit Value:	20
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Cost Centre(s):	GASP	JACS3 code:	C600
		HECoS code:	100433

Faculty	FSLs	Module Leader:	Chelsea Moore
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Scheduled learning and teaching hours	36 hrs
Placement tutor support	0hrs
Supervised learning eg practical classes, workshops	36 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total contact hours	36 hrs
Placement / work based learning	0
Guided independent study	164 hrs
Module duration (total hours)	200 hrs

Programme(s) in which to be offered (not including exit awards)	Core	Option
BSc (Hons) Football Coaching and the Performance Specialist	✓	<input type="checkbox"/>
BSc (Hons) Applied Sport and Exercise Sciences	✓	<input type="checkbox"/>
BSc (Hons) Sports Injury Rehabilitation (registered on SIR402)	✓	<input type="checkbox"/>

Pre-requisites
N/A

Office use only		
Initial approval:	01/04/2020	Version no: 1
With effect from:	28/09/2020	
Date and details of revision:		Version no:

Module Aims

Introduce the student to applied anatomy & physiology and enhance their knowledge and understanding of the complex systems within the human body.

Develop an understanding of models that explore the critical windows of opportunity to influence sport and health.

Investigate how the body responds to sport and physical activity and explores the methods used to monitor the development of the bodily systems within a sporting context.

Module Learning Outcomes - at the end of this module, students will be able to

1	Demonstrate an understanding of how the various systems of the body work at rest and in relation to exercise.
2	Demonstrate the ability to collect, collate and statistically analyse physiological data.
3	Identify and demonstrate how to conduct specific physiological tests.
4	Explain experimental data collected from laboratory based practical work.

Employability Skills The Wrexham Glyndŵr Graduate	I = included in module content A = included in module assessment N/A = not applicable
CORE ATTRIBUTES	
Engaged	I
Creative	I
Enterprising	I
Ethical	A
KEY ATTITUDES	
Commitment	I
Curiosity	A
Resilient	A
Confidence	A
Adaptability	A
PRACTICAL SKILLSETS	
Digital fluency	I
Organisation	I

Employability Skills The Wrexham Glyndŵr Graduate	I = included in module content A = included in module assessment N/A = not applicable
Leadership and team working	I
Critical thinking	I
Emotional intelligence	I
Communication	A
Derogations	
Applied Sport and Exercise Sciences students must pass at 40% both elements of assessment.	

Assessment:			
Indicative Assessment Tasks:			
<p>Assessment 1: MCQ Students will undertake a multiple choice examination under exam conditions in a formal setting, assessing their knowledge of the anatomical structures within the body and how the body functions and rest and in response to exercise. (Duration: 2 hours)</p> <p>Assessment 2: Laboratory Report Students will use the physiological data they have collected during their practical seminar to write a laboratory report</p>			
Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1 & 2	Multiple Choice Questions	50%
2	3 & 4	Report	50%

Learning and Teaching Strategies:
The learning and teaching strategies will include lectures, seminars, practical's, peer-led discussions, tutorials, online based quizzes/tasks.

Syllabus outline:
Homeostasis- health screening and blood pressure Muscular skeletal system- body composition Cardiovascular system- HR and RPE, RMR and VO ₂ max Energy systems- Wingate testing Respiratory system- spirometry Nervous system Endocrine system Immune system Statistics

Indicative Bibliography:

Essential reading

McArdle, W. D. Katch, F. I. and Katch, V. L. (2015), *Exercise Physiology: Energy, Nutrition & Human Performance*. 8th ed. Philadelphia: Williams and Wilkins.

Martini, F.N. Nath, J.L. Bartholowmew, E.F. (2018), *Fundamentals of Anatomy and Physiology*. 11th ed. Upper Saddle River, NJ: Pearson.

Other indicative reading

Norris, M. and Siegfried, D.R. (2017), *Anatomy and Physiology for Dummies*. 3rd ed. Hoboken, NJ: Wiley.

Power, S.K. and Howley, E.T. (2017), *Exercise Physiology. Theory and Application to Fitness and Performance*. 10th ed. New York: McGraw-Hill.

Tortora, G.J. and Derrickson, B. (2017), *Principles of Anatomy and Physiology*. 15th ed. Singapore: Wiley.