UNIVERSITI TEKNOLOGI MARA

SPS211: EXERCISE PHYSIOLOGY

Course Name (English)	EXERCISE PHYSIOLOGY APPROVED
Course Code	SPS211
MQF Credit	3
Course Description	no description provided
Transferable Skills	Ability to explain the concept and characteristics of agents. Ability to use the main approaches taken to developing agents.Ability to describe the key issues in designing societies of agents that can effectively corporate in order to solve problems. Ability to survey the main application areas of agent based solutions.
Teaching Methodologies	Lectures, Blended Learning, Practical Classes, Presentation
CLO	CLO1 Ability to describe energy sources, pathways and utilization during rest and exercise. CLO2 Able to explain muscular, neurological and cardiorespiratory responses and adaptation to exercise.
Pre-Requisite Courses	No course recommendations

Topics
1. Basic Energy Systems
2. Muscular Control of Movement
3. Neurological Control of Movement
4. Hormonal Regulation of Exercise
5. Metabolic Adaptation to Training
6. Cardiovascular Control During Exercise
7. Respiratory Regulation During Exercise
8. Cardiorespiratory Adaptations to Training
9. Thermal Regulation and Exercise
10. Exercise in hypobaric and hyperbaric environments
11. Ergogenic Aids and Performance

Assessment Breakdown	%
Continuous Assessment	60.00%
Final Assessment	40.00%

Details of Continuous Assessment

Assessment Type	Assessment Description	% of Total Mark	CLO
Assignment	Able to combine all the topics into one sport.	20%	CLO2
Test	Chapter 1, 2, and 3	20%	CLO1
Test	Chapter 4,5, and 6	20%	CLO2

Reading List

Recommended Text	• **Powers, S. K. & Howley, E.T. 2007, *Exercise Physiology, Theory and Application T*, 6 Ed., Dubuque, IA: McGraw Hill**
Reference Book Resources	• **McArdle, W. D., Katch, F. I., & Katch, V. L. 2006, *Exercise Physiology: Energy, Nutrition and Hu*, Philadelphia: Lippiucott Williams & Wilkins** • **Wilmore, J. H. & Costill, D.L. 2004, *Physiology of Sport and Exercise*, 3 Ed., Champaign, IL : Human Kinetics**
Article/Paper List	This Course does not have any article/paper resources
Other References	This Course does not have any other resources