

# SPRT 1009 EXERCISE PERFORMANCE AND HEALTH

**Credit Points** 10

**Coordinator** Sarah Kennedy (<https://directory.westernsydney.edu.au/search/name/Sarah.Kennedy/>)

**Description** Students will learn the functional anatomy, basic exercise physiology, physical fitness, motor development and exercise training content required to practice as competent exercise/sport/health professionals. Students will also administer and undertake laboratory exercises designed to test, design and administer fitness programs for healthy individuals.

**School** Health Sciences

**Discipline** Sport and Recreation Activities

**Student Contribution Band** HECS Band 4 10cp

Check your fees via the Fees ([https://www.westernsydney.edu.au/currentstudents/current\\_students/fees/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**Level** Undergraduate Level 1 subject

**Pre-requisite(s)** SPRT 1001

**Incompatible Subjects** SPRT 3001

## Restrictions

Students must be enrolled in 4741 - Bachelor of Sport Development, 4xxx - Bachelor of Health and Physical Education (Pathway to Teaching Education), 4791 Bachelor of Health and Physical Education (Pathway to Teaching Secondary), 4792 Bachelor of Health and Physical Education or 6001 Diploma in Health Science/Bachelor of Health Science (Health and Physical Education), 4656 B Health Science.

## Assumed Knowledge

An understanding of basic human biology and fundamental principles in exercise science.

## Learning Outcomes

1. Describe cardiorespiratory, neuromuscular, anaerobic and aerobic energy systems and explain their role in fitness and performance
2. Explain muscle physiology and contraction, including neural control
3. Conduct exercise consultations, including suitable administration of exercise testing and to assess various components of physical fitness and performance
4. Develop exercise programs for healthy individuals to achieve desired performance and/or fitness gains
5. Implement an evidence-based approach to exercise/sport/health fitness and performance enhancement
6. Identify the key physiological differences between trained and untrained individuals
7. Discuss the use of ergogenic aids in sport and exercise

## Subject Content

1. Neural control of muscle contraction
2. Muscle physiology and contraction
3. Aerobic and anaerobic energy systems
4. Cardiorespiratory physiology

5. Pre-exercise screening and consultation
6. Exercise testing for healthy clients
7. Exercise prescription (cardiorespiratory, resistance training, flexibility)
8. Personal experience of exercise testing and training
9. Physiological differences between trained and untrained individuals
10. Ergogenic aids in sport and exercise

## Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Type	Length	Percent	Threshold	Individual/Group Task
Applied Project	Maximum 1,000 words	30	N	Individual
Professional Task	20-25 minutes each	30	N	Individual
Case Study	Maximum 1,500 words	40	N	Individual

## Teaching Periods

### Spring (2024)

### Penrith (Kingswood)

#### On-site

**Subject Contact** Sarah Kennedy (<https://directory.westernsydney.edu.au/search/name/Sarah.Kennedy/>)

View timetable ([https://classregistration.westernsydney.edu.au/even/timetable/?subject\\_code=SPRT1009\\_24-SPR\\_KW\\_1#subjects](https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=SPRT1009_24-SPR_KW_1#subjects))