Exercise Physiology
(SPEX803)

Pathways, programmes/specialisations the paper is attached to
Postgraduate Certificate in Health Science, Master of Health Science, Postgraduate Diploma in Health Science, Master of Sport and Exercise, Postgraduate Diploma in Sport and Exercise, Postgraduate Certificate in Sport and Exercise

Am I eligible to enrol in this paper?
This is a pre-requisite paper to ensure acceptance into 589116 Applied Human Movement Studies and 589112 Practicum in Physical Conditioning papers. It is also open to those with an interest in physiology, physical activity and improving health.

What is this paper about?
Enables the advanced study of cardiovascular, pulmonary and metabolic physiology with application to physical activity, exercise and sport performance. Advanced physiological assessment and training methodologies will be introduced and critiqued to extend the specialised knowledge associated with improving health, exercise tolerance and sport performance.

What can I expect to learn?
The following will be covered as they apply to health, exercise and sport contexts:
- Cardiovascular Physiology
- Pulmonary Physiology
- Metabolic Physiology
- Energetics and Metabolism
- Mechanisms of fatigue in health and disease
- Clinical and performance significance

How is this paper taught?
Location: AUT North
Teaching Period(s): Semester 1
Online: Yes
Block Course: While the majority of the course is on-line, a one-day practical session is planned for mid-semester (approximately week 7)
Teaching Style: Online flexible, blended learning is employed throughout this paper. Students are expected to access online resources each week to learn critical theoretical content from provided notes, readings, audio files, and associated tasks.

How will I be assessed?
1. Literature review
2. Case study presentation

Who will be teaching me?
Paper Coordinator: Dr. Andrew Kilding, PhD
Andrew Kilding is an Associate Professor in sport and exercise science, and is Co-Director of the Sports Performance Research Institute New Zealand. Andrew’s research interests are in the physiology of endurance and team sports as well as clinical exercise physiology. http://www.sprinz.aut.ac.nz/our-staff/andrew-kilding

Fees
Information about paper tuition fee for papers may be found at:
http://www.aut.ac.nz/study-at-aut/fees-scholarships-and-finance/fees/postgraduate-fees

Enrolment and enquires
Please contact Debra Spinetto for any enquiries about enrolment. Further information about our postgraduate offerings may be found online.