

## Planning and Quality Assurance Affairs

Form (A)

### Course Specifications

#### General Information

Course name	Exercise Physiology
Course number	AMSP2211
Faculty	
Department	
Course type	Major Needs
Course level	2
Credit hours (theoretical)	2
Credit hours (practical)	0
Course Prerequisites	

#### Course Objectives

- 1 - this course will examine the scientific foundation and provide an understanding of the mechanisms by which the body functions during exercise and physical activity.

#### Intended Learning Outcomes

Knowledge and Understanding	<ul style="list-style-type: none"> <li>* upon successful completion of the course the student will have reliably demonstrated the ability to:</li> <li>* 1. recognize the basic principles of exercise physiology and examine the expected physiological responses to exercise and training</li> <li>* 2. Identify and interpret fundamental transient and permanent adaptations to the cardiovascular, respiratory, neuromuscular, neuroendocrine and metabolic system in response to exercise and training</li> <li>* 3. Apply the principles of exercise physiology to identify possible morbidity/mortality risks for generally healthy population</li> <li>* analyze a variety of exercise options for the prevention of chronic disease and to attain maximum results in health, wellness and performance</li> </ul>
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#### Course Contents

<ol style="list-style-type: none"> <li>1 - introduction</li> <li>2 - Functions of cardiovascular system</li> <li>3 - respiratory system</li> <li>4 - musculoskeletal system</li> <li>5 - nervous system</li> <li>6 - endocrine system</li> <li>7 - Acute and chronic response and energy production in exercise and training</li> </ol>
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#### Teaching and Learning Methods

<ol style="list-style-type: none"> <li>1 - lecturing and group discussions</li> </ol>
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**Students Assessment**

<u>Assessment Method</u>	<u>TIME</u>	<u>MARKS</u>
2 midterm exams and final exam	14 weeks	25 +25+50

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**Books and References**

Course note	exercise physiology book and handouts
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**Knowledge and Skills Matrix**

Main Course Contents	Study Week	Knowledge and Understanding	Intellectual Skills	Professional Skills	General Skill
exercise and function of different systems of the body	14 weeks of lectures	understanding normal and abnormal performance during exercise	assessment and therapeutical skills	physiotherapy skills	care of patients and healthy people