

University of the West of Scotland

Module Descriptor

Session: 2023/24

Title of Module: Exercise in Extreme Environments			
Code: SPOR10046	SCQF Level: 10 (Scottish Credit and Qualifications Framework)	Credit Points: 10	ECTS: 5 (European Credit Transfer Scheme)
School:	School of Health and Life Sciences		
Module Co-ordinator:	Laura Forrest		
Summary of Module			
<p>This module advances knowledge and practical skills developed in previous exercise physiology modules. Students will explore the impact of extreme environments (e.g. heat, cold, and altitude) on the physiological responses to exercise and critically evaluate strategies to aid performance. The module will equip students with the theoretical knowledge and practical skills that are required to support athletes preparing for competition in extreme conditions.</p> <p>This module will assist the student in the development of key 'I am UWS Graduate Attributes' to allow those that complete this module to be:</p> <p>Universal:</p> <ul style="list-style-type: none"> • Critical Thinker • Research-minded • Collaborative <p>Work Ready:</p> <ul style="list-style-type: none"> • Problem -solver • Motivated • Potential Leader <p>Successful:</p> <ul style="list-style-type: none"> • Innovative • Resilient • Driven 			

Module Delivery Method					
Face-To-Face	Blended	Fully Online	HybridC	Hybrid 0	Work-Based Learning
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Campus(es) for Module Delivery						
The module will normally be offered on the following campuses / or by Distance/Online Learning: (Provided viable student numbers permit) (tick as appropriate)						
Paisley:	Ayr:	Dumfries:	Lanarkshire:	London:	Distance/Online Learning:	Other:
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Add name

Term(s) for Module Delivery					
(Provided viable student numbers permit).					
Term 1	<input checked="" type="checkbox"/>	Term 2	<input type="checkbox"/>	Term 3	<input type="checkbox"/>

Learning Outcomes: (maximum of 5 statements) These should take cognisance of the SCQF level descriptors and be at the appropriate level for the module. At the end of this module the student will be able to:	
L1	Assess the effects of environmental factors on the physiological responses to exercise.
L2	Critically evaluate strategies to aid sport and exercise performance in extreme environments.
Employability Skills and Personal Development Planning (PDP) Skills	
SCQF Headings	During completion of this module, there will be an opportunity to achieve core skills in:
Knowledge and Understanding (K and U)	<p>SCQF Level 10</p> <p>Demonstrating a comprehensive knowledge of the physiological responses to exercise in extreme environments.</p> <p>Demonstrating critical understanding of strategies to enhance exercise performance in extreme environments.</p>
Practice: Applied Knowledge and Understanding	<p>SCQF Level 10</p> <p>Using a significant range of laboratory skills to evaluate the influence of extreme environments on the physiological responses to exercise.</p> <p>Designing practical preparation and interventions strategies to minimise the impact of extreme environments on exercise performance.</p>
Generic Cognitive skills	SCQF Level 10

	Critically identifying, defining, conceptualising and analysing complex problems and issues	
Communication, ICT and Numeracy Skills	<p>SCQF Level 10</p> <p>Presenting or conveying, formally and informally, information about contemporary issues in exercise physiology.</p> <p>Using a range of ICT applications to support and enhance work at this level and adjust features to suit purpose.</p> <p>Interpreting, using and evaluating a wide range of numerical and graphical data to set and achieve goals/targets.</p>	
Autonomy, Accountability and Working with others	<p>SCQF Level 10</p> <p>Exercising autonomy and initiative in practical sessions but also work as part of a team.</p>	
Pre-requisites:	Before undertaking this module the student should have undertaken the following:	
	Module Code:	Module Title:
	Other:	
Co-requisites	Module Code:	Module Title:

*Indicates that module descriptor is not published.

Learning and Teaching	
<p>The teaching and learning approach will utilise a flexible, hybrid approach delivery. Core theoretical content will be predominantly delivered through a series of online materials, including recorded lectures via the virtual learning environment. Face to face sessions will comprise applied practical sessions in the laboratory and workshops. Much of the learning will be achieved through formative practical challenges, directed independent study tasks, group work and/or class discussion, and creative problem solving</p>	
<p>Learning Activities During completion of this module, the learning activities undertaken to achieve the module learning outcomes are stated below:</p>	<p>Student Learning Hours (Normally totalling 200 hours): (Note: Learning hours include both contact hours and hours spent on other learning activities)</p>
Laboratory/Practical Demonstration/Workshop	12
Asynchronous Class Activity	6

Independent Study	82
	100 Hours Total

****Indicative Resources: (eg. Core text, journals, internet access)**

The following materials form essential underpinning for the module content and ultimately for the learning outcomes:

The most recent versions of:

Cheung, S. and Ainslie, P. Advanced Environmental Exercise Physiology. Champaign, IL: Human Kinetics.

McArdle, W.D., Katch, F.I., and Katch, V.L. Exercise Physiology: Nutrition, Energy, and Human Performance. Baltimore: Lippincott Williams and Wilkins.

(*N.B. Although reading lists should include current publications, students are advised (particularly for material marked with an asterisk*) to wait until the start of session for confirmation of the most up-to-date material)

Attendance and Engagement Requirements

In line with the [Student Attendance and Engagement Procedure](#): Students are academically engaged if they are regularly attending and participating in timetabled on-campus and online teaching sessions, asynchronous online learning activities, course-related learning resources, and complete assessments and submit these on time.

Equality and Diversity

The University's Equality, Diversity and Human Rights Procedure can be accessed at the following link: [UWS Equality, Diversity and Human Rights Code](#).

In line with current legislation (Equality Act, 2010) and the UWS Equality, Diversity, and Human Rights Code, our modules are accessible and inclusive, with reasonable adjustment for different needs where appropriate. Module materials comply with University guidance on inclusive learning and teaching, and specialist assistive equipment, support provision and adjustment to assessment practice will be made in accordance with UWS policy and regulations. Where modules require practical learning or assessment, alternative formats and/or roles will be provided for students with physical disabilities which impact participation.

(N.B. Every effort will be made by the University to accommodate any equality and diversity issues brought to the attention of the School)

Divisional Programme Board	Sport, Exercise and Health
Assessment Results (Pass/Fail)	Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>
School Assessment Board	Sport, Exercise and Health
Moderator	tbc
External Examiner	A Tocknell
Accreditation Details	n/a
Changes/Version Number	1.01

Assessment: (also refer to Assessment Outcomes Grids below)
Assessment 1 – Written Report of Practical Work
<p>(N.B. (i) Assessment Outcomes Grids for the module (one for each component) can be found below which clearly demonstrate how the learning outcomes of the module will be assessed.</p> <p>(ii) An indicative schedule listing approximate times within the academic calendar when assessment is likely to feature will be provided within the Student Module Handbook.)</p>

Assessment Outcome Grids

Component 1				
Assessment Type (Footnote B.)	Learning Outcome (1)	Learning Outcome (2)	Weighting (%) of Assessment Element	Timetable d Contact Hours
Report of Practical/ field/ clinical work	✓	✓	100	0
Combined Total for All Components			100%	0 hours