

Aims

1. To provide a basic understanding of human anatomy and physiology.
2. To provide an introduction to exercise and sport physiology.
3. To provide an introduction to the biochemical factors influencing exercise and training in man.
4. To provide an understanding on the role of the nervous system in the control of gait and movement.
5. To provide basic principles of biomechanics.
6. To provide an overview of the main energy sources available for skeletal muscle and the energy balance in the resting and exercising state.
7. To provide an understanding of the physiological and metabolic responses to exercise and training.

8. To provide an understanding of the theory of training and the adaptations that can occur in response to different types of training.
- 9 To provide an understanding of the factors that determines muscle strength and the adaptations of skeletal muscle to strength training.
- 10 To provide psychological strategies involved in the preparation of the athlete for sport performance.
11. To provide skills to conduct a basic resistance and endurance training program..
12. To provide skills in basic exercise testing.
13. To provide a basic understanding in research in exercise and sport sciences.
14. To provide practical training in individuals sports.