

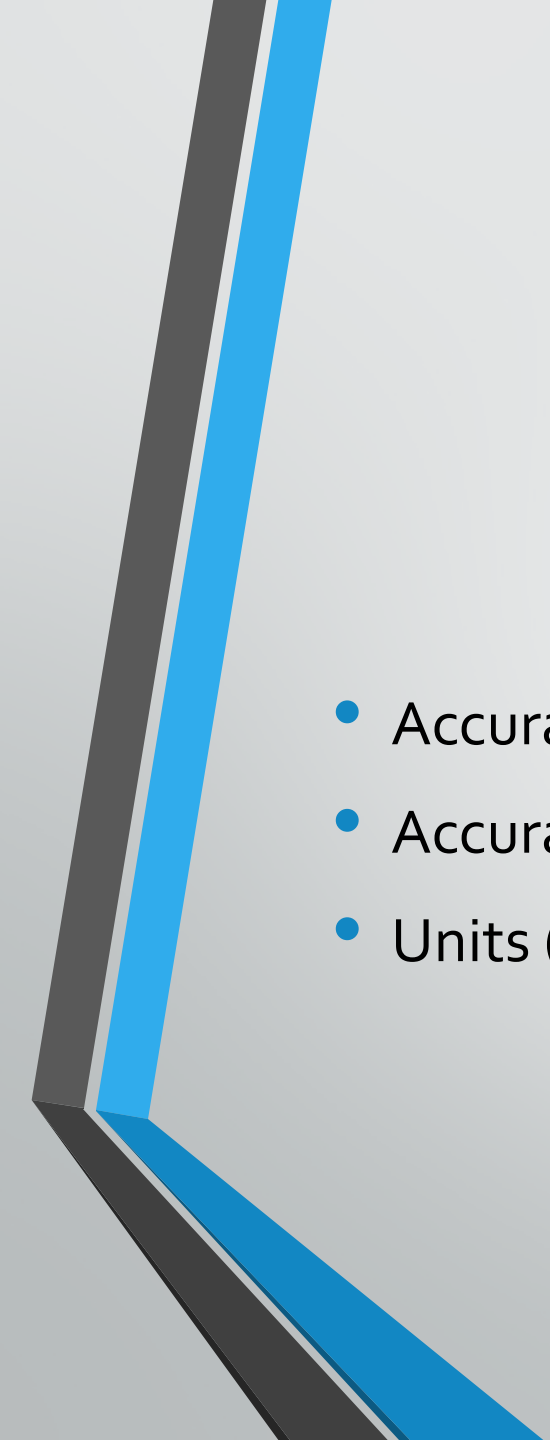
Introduction to Exercise Physiology SHSS4072



Intro to Exercise Physiology

Practical 1b – Module Guide/ Write Ups/ General Information

- What will we be doing?
 - Blood Pressure
 - Power
 - Strength
 - Spirometry
 - Review Task
 - Heart Rate
 - Aerobic Testing
 - Body Composition
 - Anaerobic Testing
 - Practical Assessment and Recap



Measurement and Data Collection

- Accurately measured
- Accurately recorded
- Units (normally metric measurements)

Measurements

- **Time** - Microseconds (μs) $1\ \mu\text{s} = 0.000001\ \text{sec}$ /
Millisecond (ms) $1\ \text{ms} = 0.001\ \text{sec}$ / 60 seconds =
minute/ 3600 seconds – hour
- **Temperature** - $^{\circ}\text{C}$
- **Length** – $0.0000000001\ \text{meter} = 1\ \text{nanometre (nm)}$ /
 $0.000001\ \text{metre} = \text{micrometre } (\mu\text{m})$ / $0.001\ \text{metre} = 1$
millimetre (mm)/ $0.01\ \text{metre} = 1\ \text{centrimetre (cm)}$ /
 $1000\ \text{metres} = 1\ \text{kilometre (km)}$
- **Volume** – $0.001\ \text{litre} = 1\ \text{millilitre (ml)}$ / $0.01\ \text{litre} = 1$
centrilitre (cl)/ $0.1\ \text{litre} = 1\ \text{decilitre (dl)}$
- **Mass** – $0.001\ \text{gram} = 1\ \text{milligram (mg)}$ / $0.01\ \text{gram} =$
centigram (cg)/ $1000\ \text{grams} = 1\ \text{kilogram (kg)}$
- **Pressure** – millimetres of mercury (mm Hg)

Progressing in Practice

- What are the Learning Objectives?
- What are your goals?
- Preparation is key
- Read before the practical (Get ahead of the game!)
- Reflect on your work
- Communicate if you have an issue

Safety Highlight

- Always use care in the laboratory environment
- Locate the first aid equipment where appropriate
- Confirm all directions, procedures and other information with your tutor
- Know where the nearest medical facility is
- Does the safety equipment work?

Whats your learning style?

- Kinesthetic learners will benefit from this laboratory based component of the course. Reinforce the learning through repetition
- Visual learners may want to utilise options like flash cards or take photos / videos on your phone.
- Mnemonic devices – SALT – acronyms. Rhyming words (Trapezium under the thumb.....). The sillier the rhymes or acronym's the better.

Tasks

- Find and Read a recent Journal of Sports Science Article
- Discuss the format and describe the content
 - Particularly around the structure of the assignment