Description: Bio-Physical Foundations of Physical Activity 1

<table>
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<th>Subject</th>
<th>Cat-Nbr</th>
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<th>Term</th>
<th>Mode</th>
<th>Units</th>
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Academic Group: FOEDU
Academic Org: FOE002
HECS Band: 1
ASCED Code: 070100

STAFFING
Examiner: Tracey Millar
Moderator: Tony Rossi

PRE-REQUISITES
Pre-requisite: EDU1461

RATIONALE
The study of physical activity from a bio-physical perspective is founded upon an interdisciplinary framework. This requires a grasp of how sub-disciplines contribute to our understanding of the production of movement, its control and the energy systems which fuel physical activity. Teachers, coaches and therapists within the broad field of human movement need to understand how this framework can affect performance and learning in motor skills. Knowledge of the relationship between body systems provides a sound basis for the evaluation of human physical performance as well as a theoretical background for teaching, coaching and rehabilitation.

SYNOPSIS
This course provides the student with an understanding of the relationship between functional anatomy, mechanics of movement, movement control and metabolic responses to various levels of activity and exercise. The key elements within these sub-disciplines are explored to provide grounding in the principles on which movement is based.

OBJECTIVES
As a result of successful completion of this course, students will be able to:

- Describe the general contribution of skeletal structure to locomotion.
- Describe the general structure and function of skeletal muscle.
- Understand human locomotion in mechanical terms.
• Understand contemporary models of movement control and apply these to learning, teaching and coaching of motor skills.
• Understand the general principles of metabolic responses to exercise.
• Understand the principle of overload as a physical training strategy.
• Analyse these principles in relation to paediatric physical activity and growth patterns.

TOPICS

<table>
<thead>
<tr>
<th>Description</th>
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<tbody>
<tr>
<td>1. Functional Anatomy and the Mechanics of Human Movement</td>
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<td>2. Physiological Bases of Human Movement</td>
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<td>3. Motor Control and Learning</td>
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<td>4. Physiological Parameters of Performance</td>
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TEXT and MATERIALS required to be PURCHASED or ACCESSED:

Books can be ordered by fax or telephone. For costs and further details use the ‘Book Search’ facility at http://bookshop.usq.edu.au by entering the author or title of the text.

REFERENCE MATERIALS

Reference materials are materials that, if accessed by students, may improve their knowledge and understanding of the material in the course and enrich their learning experience.


STUDENT WORKLOAD REQUIREMENTS

<table>
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<tr>
<th>ACTIVITY</th>
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<tbody>
<tr>
<td>Assessment</td>
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<td>Directed Study</td>
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<td>Lectures</td>
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<td>Private Study</td>
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ASSESSMENT DETAILS

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<tr>
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<th>Wtg(%)</th>
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<tr>
<td>JOURNAL</td>
<td>15.00</td>
<td>60.00</td>
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NOTES:
- Dates for Journal entries will be advised by course examiner.
- Students will be advised of the examination date for this course when the official timetable for Semester 2 2003 has been finalised.

IMPORTANT ASSESSMENT INFORMATION

1 Attendance requirements:
   It is the students' responsibility to attend and participate appropriately in all activities (such as lectures, tutorials, laboratories and practical work) scheduled for them, and to study all material provided to them or required to be accessed by them to maximise their chance of meeting the objectives of the course and to be informed of course-related activities and administration.

2 Requirements for students to complete each assessment item satisfactorily:
   To complete each of the assessment items satisfactorily, students must gain a grade of at least C- for each assessment item.

3 Penalties for late submission of required work:
   If students submit assignments after the due date without prior approval then a penalty of 1 equivalence point gained by the student for the assignment will apply for each working day late.

4 Requirements for student to be awarded a passing grade in the course:
   To be assured of receiving a passing grade a student must submit all of the summative assessment items and achieve at least C- for each of those assessment items.

5 Method used to combine assessment results to attain final grade:
   The final grades for students will be assigned on the basis of the weighted aggregate of the grades obtained for each of the summative assessment items in the course.

6 Examination information:
   In a Closed Examination, candidates are allowed to bring only writing and drawing instruments into the examination.

7 Examination period when Deferred/Supplementary examinations will be held:
   There will be no Deferred or Supplementary examinations in this course.

8 University Regulations:
   Students should read USQ Regulations 5.1 Definitions, 5.6. Assessment, and 5.10 Academic Misconduct for further information and to avoid actions which might contravene University Regulations. These regulations can be found at the URL http://www.usq.edu.au/SECARIAT/calendar/Part5/ or in the printed version of the current USQ Handbook.
ASSESSMENT NOTES

1 When there is more than one marker for a single item of assessment, the distributed patterns and means for the different markers will be compared and marks adjusted if necessary.

2 Marking criteria are provided in course material as mark sheets/guides or as part of assignment specifications.

3 All assessment items must be attempted/submitted and passed.