

# EXERSCI100G: Exercise and Fitness: Myths and Reality

Science  
(15 points)

## Course Prescription

An introduction to the principles of physical exercise, with a focus on understanding how the body moves and responds to exercise, how performance can be measured, and how fitness can be developed and maintained to optimise health. Particular emphasis will be placed on the debunking of common myths about exercise, and offering evidence-based advice on the benefits of appropriate physical activity.

## Course Overview

Have you ever asked yourself how your body works and how exercise impacts your health? If you have, then this is a course you will enjoy.

This course addresses some of the most common myths in the field of exercise sciences. You will explore how the human body functions and responds to different types of exercise and how physical activity impacts its health and performance. You don't need to have done any science to do well in the course!

The course is delivered over 6 modules that introduce basic physiology concepts, exercise guidelines, exercise performance and assessments, the impact of exercise over the lifespan, how our brain controls how we move and many other exciting topics.

Blended learning activities including online practice quizzes (with feedback), online discussion forums along with lecture recordings and tutorials will be extensively used to facilitate learning.

## Course Requirements

Restriction: BIOSCI 107, EXERSCI 101, 105, SPORTSCI 100G, 101, 105, MEDSCI 142

## Capabilities Developed in this Course

Capability 3: Knowledge and Practice

Capability 4: Critical Thinking

Capability 5: Solution Seeking

Graduate Profile: [Bachelor of Science](#)

### Learning Outcomes

By the end of this course, students will be able to:

1. Identify the impact of different modes of exercise and physical activity on health and wellbeing. (Capability 3)
2. Describe physiological responses to exercise and physical activity over the lifespan. (Capability 3 and 4)
3. Describe sex-based differences in human physiology and exercise performance. (Capability 3 and 4)
4. Explain psychological principles that facilitate exercise performance. (Capability 3 and 4)
5. Interpret data on associations between physical activity, exercise, sedentary behaviours, and key health topics in the New Zealand context. (Capability 3, 4 and 5)

### Assessments

Assessment Type	Percentage	Classification
Essay	30%	Individual Coursework
Test	20%	Individual Test
Final Exam	50%	Individual Examination
3 types	100%	

Assessment Type	Learning Outcome Addressed				
	1	2	3	4	5
Essay	✓	✓	✓		✓
Test	✓	✓		✓	
Final Exam	✓	✓	✓	✓	

### Tuākana

Tuākana Science is a multi-faceted programme for Māori and Pacific students providing topic specific tutorials, one-on-one sessions, test and exam preparation and more. Explore your options at

<https://www.auckland.ac.nz/en/science/study-with-us/pacific-in-our-faculty.html>

<https://www.auckland.ac.nz/en/science/study-with-us/maori-in-our-faculty.html>

Exercise Sciences has a dedicated Tuākana space at the City Campus (301-183). Exercise Sciences Tuākana space consists of a few personal computers, a collection of prescribed textbooks of Exercise Sciences courses, personal study and relaxing areas with access to shared kitchen facilities. Tuākana students enrolled in any Exercise Sciences course is most welcome to make use of these facilities not only to support their learning but also to build whanaungatanga.

### Special Requirements

Students must complete the final examination in order to complete course requirements.

### Workload Expectations

This course is a standard 15 point course and students are expected to spend 10 hours per week involved in each 15 point course that they are enrolled in.

For this course, you can expect two hours of lectures and a one-hour tutorial weekly across the semester. This should be supplemented with at least seven hours per week of personal study time. Personal study involves time required for you to read, think and make notes about the content you've learnt in the week, attempt tutorial questions prior to class, complete quizzes/assignments and prepare for the midterm test and final exam.

### Delivery Mode

#### Campus Experience

Attendance is expected at scheduled activities including lectures and tutorials to complete components of the course. Lectures will be available as recordings. Tutorials will NOT be available as recordings.

Attendance on campus is required for the test and exam. The activities for the course are scheduled as a standard weekly timetable.

### Learning Resources

Course materials are made available in a learning and collaboration tool called Canvas which also includes reading lists and lecture recordings (where available).

Please remember that the recording of any class on a personal device requires the permission of the instructor.

You are not required to purchase a text book or a course book. All material required for successful completion of the course will be provided to you on Canvas.

### Student Feedback

During the course Class Representatives in each class can take feedback to the staff responsible for the course and staff-student consultative committees.

At the end of the course students will be invited to give feedback on the course and teaching through a tool called SET or Qualtrics. The lecturers and course co-ordinators will consider all feedback.

Your feedback helps to improve the course and its delivery for all students.

For 2024, we will be preparing exciting and new tutorial activities to enhance your learning experience.

### Academic Integrity

The University of Auckland will not tolerate cheating, or assisting others to cheat, and views cheating in coursework as a serious academic offence. The work that a student submits for grading must be the student's own work, reflecting their learning. Where work from other sources is used, it must be properly acknowledged and referenced. This requirement also applies to sources on the internet. A student's assessed work may be reviewed for potential plagiarism or other forms of academic misconduct, using computerised detection mechanisms.

### Class Representatives

Class representatives are students tasked with representing student issues to departments, faculties, and the wider university. If you have a complaint about this course, please contact your class rep who will know how to raise it in the right channels. See your departmental noticeboard for contact details for your class reps.

### Copyright

The content and delivery of content in this course are protected by copyright. Material belonging to others may have been used in this course and copied by and solely for the educational purposes of the University under license.

You may copy the course content for the purposes of private study or research, but you may not upload onto any third party site, make a further copy or sell, alter or further reproduce or distribute any part of the course content to another person.

### Inclusive Learning

All students are asked to discuss any impairment related requirements privately, face to face and/or in written form with the course coordinator, lecturer or tutor.

Student Disability Services also provides support for students with a wide range of impairments, both visible and invisible, to succeed and excel at the University. For more information and contact details, please visit the [Student Disability Services' website](http://disability.auckland.ac.nz) <http://disability.auckland.ac.nz>

### Special Circumstances

If your ability to complete assessed coursework is affected by illness or other personal circumstances outside of your control, contact a member of teaching staff as soon as possible before the assessment is due.

If your personal circumstances significantly affect your performance, or preparation, for an exam or eligible written test, refer to the University's [aegrotat or compassionate consideration page](https://www.auckland.ac.nz/en/students/academic-information/exams-and-final-results/during-exams/aegrotat-and-compassionate-consideration.html) <https://www.auckland.ac.nz/en/students/academic-information/exams-and-final-results/during-exams/aegrotat-and-compassionate-consideration.html>.

This should be done as soon as possible and no later than seven days after the affected test or exam date.

### Learning Continuity

In the event of an unexpected disruption, we undertake to maintain the continuity and standard of teaching and learning in all your courses throughout the year. If there are unexpected disruptions the University has contingency plans to ensure that access to your course continues and course assessment continues to meet the principles of the University's assessment policy. Some adjustments may need to be made in emergencies. You will be kept fully informed by your course co-ordinator/director, and if disruption occurs you should refer to the university website for information about how to proceed.

The delivery mode may change depending on COVID restrictions. Any changes will be communicated through Canvas.

### Student Charter and Responsibilities

The Student Charter assumes and acknowledges that students are active participants in the learning process and that they have responsibilities to the institution and the international community of scholars. The University expects that students will act at all times in a way that demonstrates respect for the rights of other students and staff so that the learning environment is both safe and productive. For further information visit [Student Charter](https://www.auckland.ac.nz/en/students/forms-policies-and-guidelines/student-policies-and-guidelines/student-charter.html) <https://www.auckland.ac.nz/en/students/forms-policies-and-guidelines/student-policies-and-guidelines/student-charter.html>.

### Disclaimer

Elements of this outline may be subject to change. The latest information about the course will be available for enrolled students in Canvas.

In this course students may be asked to submit coursework assessments digitally. The University reserves the right to conduct scheduled tests and examinations for this course online or through the use of computers or other electronic devices. Where tests or examinations are conducted online remote invigilation arrangements may be used. In exceptional circumstances changes to elements of this course may be necessary at short notice. Students enrolled in this course will be informed of any such changes and the reasons for them, as soon as possible, through Canvas.