

MiniMasters (Physical Activity and Health)

Course Code	Course Title	Course Synopses	AU
MES906	Exercise Physiology	<p>This course explores how the human body responds to acute and chronic physiological demands of sports and exercise. The module will cover energy systems, cardiovascular and respiratory regulation, skeletal muscle physiology and aspects of environmental effects on sports and exercise performance. An integrative approach is adopted to link between basic theories and applied concepts in real life situations. A key focus will be on how research and the underlying exercise physiology principles are relevant to the practitioner. Common assessment techniques with practical applications in sports and exercise physiology will be discussed.</p> <p>Students will perform laboratory work using state-of-the-art equipment, alongside lectures and tutorials. A mix of face-to-face interactions, online learning and group work is implemented in this module. It is intended that students be guided to holistically integrate the knowledge presented throughout the module.</p>	4
MES910	Physical Activity, Nutrition & Health	<p>This course will equip students with an understanding of the role of physical activity and nutrition in preventing chronic non-communicable lifestyle diseases.</p> <p>Issues related to measurement are covered before examining the evidence that physical activity and good nutrition can be used to prevent and treat a range of chronic lifestyle diseases.</p> <p>Physical activity prescription and nutritional recommendations for the prevention of each disease will be examined. The course will use a range of methods to explore the evidence including lectures, laboratory work, tutorials, online learning, group work and presentations.</p>	4

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MES911	Psychology of Physical Activity	<p>This course will equip students with an advanced level understanding of psychological knowledge about physical activity for health.</p> <p>Topics covered include: physical activity correlates and theories, physical activity behavioural change, benefits of physical activity to health, measurements of physical activity, data acquisition, data processing and interpretation, and research approaches in physical activity psychology.</p> <p>Students will have opportunities to work on physical activity measurements and data interpretation as a part of research experience, alongside lectures and tutorials. A mix of face-to-face interactions, online learning and group work is implemented in this course. It is intended that students be guided to holistically integrate the knowledge presented throughout the course.</p>	4
MES912	Sports Injuries - Understanding, Prevention and Management	<p>This course is intended to provide the participants with the fundamental knowledge and understanding of sports injuries. The content will also include the types, risk factors, mechanisms, preventive strategies and management approaches to commonly encountered sports injuries. To complete the loop, the course will also include general principles of rehabilitation and decision making criteria for return to sport. Apart from the theoretical aspects, the course will also include practical workshops like sports taping, kinesiotaping and sports massage.</p> <p>This course will also provide the students with the opportunity to understand the use of emerging technologies like Tensiomyography, NIRS and ultrasound imaging in injury prevention and management. Finally, approaches and strategies for injury prevention, epidemiological research and data analysis will be covered.</p> <p>The content delivery strategies will include face-to-face interactions, group-based work, team-based learning, use of 3D apps and softwares, and hands-on skill-based workshops to facilitate learning.</p> <p>The course will focus of applied learning through experiencing real-time injury cases to stimulate the theory-practice bridging of the knowledge acquired.</p>	4