GE-6

Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/ Practice		
Physiology of Sports and Exercise	04	02	00	02	Class XII with Science	Nil

Learning Objectives

To learn the changes in human body systems due to exercise and sporting activities in an integrated manner. To gain knowledge about sports training. Understanding the basic system physiology in sports. To understand the physiological adaptation and metabolic

changes during exercise at varying intensities. To gain skill in measurement of various physiological responses.

Learning outcomes

On successful completion of the course students will be able to:

- Explain the effect of exercise in detail and in application perspective.
- Measure the changes and interpret them in the context of sports.
- Describe the system concepts behind sports performance.
- Explain human body functioning during exercise and thus provide appropriate nutrition/fuel.

2.2 Course

Contents Theory

– 30 Hours

Unit I: Introduction to Exercise Physiology (Total Hours 4)

Structure, types and Function of Skeletal Muscle. Fuel for Exercise: Aerobic and anaerobic muscle metabolism, Muscle Fatigue.

Unit II: Cardiovascular and Pulmonary control in Sports Performance

(Total Hours : 10)

Heart rate and Blood Pressure. Electrophysiology of Heart, Introduction and interpretation of EKG/ECG, Pacemakers and its Rhythms. Mechanics of ventilation during exercise. Cardiorespiratory Responses to physical activities. Training of cardiorespiratory responses in different types of physical activities for maximising output.

Unit III: Hormonal Effects on Physical Activities (Total Hours : 8)

Role of epinephrine, cortisol, sex hormones, growth hormones and growth factors on physical endurance. Effect of aging on Sport performance.

Unit IV: Drugs and Doping in Sports (Total Hours :8)

History and evolution of Doping and Anti-doping in Sports, Prevalence of Doping in Sports, Doping Control in Sports, Role of Athlete Support Personnel in Preventing Deliberate and Inadvertent Use of Prohibited Substances, WADA Rules and Regulations.

2.3 Practical: 60 Hours

1. BMI Estimation with and without software - Techniques of taking various anthropometric measurements; Skinfold measurement and Body Fat Percentage calculations.
2. Aerobic Power Field Assessments; Cooper 1.5-Mile Run/Walk Test and 12-Minute Run/Walk Test/Rockport Fitness Walking Test.

3. Tests for anaerobic power; Wingate Test/Anaerobic Cycling Power
4. High-Intensity Fitness Testing/ AAHPER health related physical fitness test Léger 20 m Shuttle Run Test/ Margaria - Kalamen Stair Climb Test,
5. Pulmonary Function Testing: Ratio of Forced expiratory volume (FEV1/FEV6) by spirometry, Lung Volumes and Capacities
6. Determination of age by Radiography (Dry lab)
7. Blood Pressure Measurements: Effects of Body Position, Dynamic Exercise and Isometric Contractions on BP.
8. Determination of Physiological adaptation with training through Submaximal Exercise
Testing; Submaximal Bench Step Test/Submaximal Cycle Ergometer Test

2.4 Essential readings:

1. Physiology of Sport and Exercise 6th Edition with Web Study Guide-Loose-Leaf Edition by W. Larry Kenney, Jack Wilmore, David Costill.
2. Endocrinology of Physical Activity and Sport, Second Edition Constantini, Naama, Hackney, Anthony C, 2013.
3. David R. Mottram, Neil Chester (2018) Drugs in Sports, Routledge, ISBN:1351838989. Portefield, Jason (2008) Doping: athletes and drugs, Rosenn Publishing, New York, ISBN:1-4042-1917-5.
4. Laboratory Manual for Exercise Physiology 2nd Edition. With Web Study Guide, Human Kinetics by G. Gregory Haff, Charles Dumke, 2018.
5. Physiological Tests for Elite Athletes 2nd Edition by Australian Institute of Sport Rebecca Tanner, Christopher Gore, 2012.

Suggested readings:

1. A Textbook of Sports & Exercise Physiology by Dey Swapan Kumar, Jaypee Publishers
2. Exercise Physiology: Theory and Application to Fitness and Performance 10th Edition by Scott Powers and Edward Howley 2018.
3. Exercise Physiology: Nutrition, Energy, and Human Performance 8th Edition by William D. McArdle, Frank I. Katch, Victor L. Katch
4. Practical ECG for Exercise Science and Sports Medicine by Greg Whyte, Sanjay Sharma, Human Kinetics, 2010
5. ACSM's Guidelines for Exercise Testing and Prescription, 10th Edition by American College of Sports Medicine. Wolters Kluwer, 2017.

3. Keywords

Muscle metabolism, Muscle Fatigue, Cardiorespiratory Responses, Sport performance, Prohibited Substances

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.