

**COURSE DATA****Data Subject**

Code	34500
Name	Physiology of physical exercise and sport
Cycle	Grade
ECTS Credits	4.5
Academic year	2019 - 2020

Study (s)

Degree	Center	Acad. Period	year
1204 - Degree in Medicine	Faculty of Medicine and Odontology	3	Second term

Subject-matter

Degree	Subject-matter	Character
1204 - Degree in Medicine	18 - Optional subjects	Optional

Coordination

Name	Department
GOMEZ CABRERA, M. CARMEN	190 - Physiology

SUMMARY

Exercise and Sport Physiology is the science which studies the functioning of organs and systems that define the human body during exercise, from the molecular and cellular level to the full level of the person, the interrelation between them and the external environment, as well as the regulatory mechanisms and functional integration that make possible the relation of physical exercise. It also covers the study of both structural and functional changes that chronic exercise, or exercise, causes.

PREVIOUS KNOWLEDGE**Relationship to other subjects of the same degree**

There are no specified enrollment restrictions with other subjects of the curriculum.



Other requirements

OUTCOMES

1204 - Degree in Medicine

- Students must be able to apply their knowledge to their work or vocation in a professional manner and have acquired the competences required for the preparation and defence of arguments and for problem solving in their field of study.
- Students must have the ability to gather and interpret relevant data (usually in their field of study) to make judgements that take relevant social, scientific or ethical issues into consideration.
- Understand and recognise the structure and normal function of the human body, at the following levels: molecular, tissue, organic, and of systems, in each phase of human life and in both sexes.
- Proper organisation and planning of the workload and timing in professional activities.
- Team-working skills and engaging with other people in the same line of work or different.
- Criticism and self-criticism skills.
- Capacity for communicating with professional circles from other domains.
- Acknowledge diversity and multiculturality.
- Consideration of ethics as a fundamental value in the professional practise.
- Working capacity to function in an international context.

LEARNING OUTCOMES

At the end of this subject, the students should have:

- Acquired the necessary skills to prescribe exercise in different populations.
- Acquired the skills for the development of functional assessment test.
- Known to make sport training programs applied to various pathologies and population sectors.

DESCRIPTION OF CONTENTS

0. THEORY



1. Introduction to exercise and sport physiology.

Concept of Physiology. Division of Physiology. Short history of Physiology. Teaching plan: program of theoretical, practical and seminar lessons. Assessment of students. General concepts of physical activity, exercise and sport. Classification of exercise.

2. Anthropometry. Body composition. Somatotype.

Introduction. Compartments of the human organism. Composition of the human body. Changes in body composition of the human body. Main techniques to determinate body composition. Calculation of body density, fat weight, bone weight, muscle weight, residual weight and lean weight. Ideal weight and desirable weight. Concept of Somatotype. Concept of endomorphy, ectomorphy and mesomorphy. Calculate of endomorphy, ectomorphy and mesomorphy Somatochart. Reference anthropometric values of spanish centres.

3. Skeletal muscle fibres.

Physiological characteristics of each one of them. Plasticity of skeletal muscle fibres. Muscle fatigue: concept, classification. Causes of muscle fatigue. Types of muscle contractions. Muscular circulation: its regulation. Muscle strength: factors which modify. Muscle hypertrophy and hyperplasia: effects of training on muscle, hormonal effects on muscle fibres, effects of diet on muscle, effects of detraining. Muscle regeneration. Fatigue: types and causes of muscle fatigue. Overtraining.

4. Hormonal adaptations and responses to exercise.

CNS influences on hormone secretion and changes produced by exercise. Sympatho-adrenal response on exercise. Hormones: generalities. Factors affecting the physiological actions of hormones during exercise. Physiological effects, variations in plasma concentrations produced by exercise and training in hormones of particular interest: antidiuretic hormone (ADH), insulin and glucagon, catecholamine, growth hormone, steroid hormone, erythropoietin and endorphins.

5. Hematological adaptations and responses to exercise and sport.

Introduction. Plasma modifications: plasma volume, ionic concentrations, osmolarity, hormonal concentration, enzyme concentration. Erythrocyte modifications. Blood changes. Blood volume, hematocrit, blood viscosity. Hemostasis modifications: platelet aggregation, blood coagulation and fibrinolysis. Immune system modifications.



6. Respiratory adaptations and responses to exercise and sport.

Introduction. Biological significance. Respiratory responses to exercise, mechanisms of respiratory adaptation: stimuli, changes in respiratory rate, in tidal volume, in dead space, in pulmonary ventilation, in ventilator effort. Change of composition of alveolar air during exercise: variation of the partial pressures of the gases, variation in the alveolar-blood diffusion. Change of gas exchange in tissues: debt and deficit of O₂, variations in the transport of CO₂, factors that modify it. Oxygen consumption and maximum oxygen consumption: concepts, values, measurement methods and factors that modify them. Regulation of pulmonary ventilation during exercise.

7. Cardiovascular adaptations and responses to exercise and sport (I)

Introduction. Main responsible factors of cardiovascular responses to exercise, duration and intensity of the response. Modification of heart rate during exercise. Maximum heart rate. Change of stroke volume during exercise. Modification of cardiac output during exercise. Adaptation produced by resistance training. Summary of changes and cardiac adaptations induced by exercise and training.

8. Regulation of fluid and electrolyte metabolism during exercise.

Regulation of fluid balance. Loss of fluid and electrolytes during exercise. Location. Amount. Fluid balance during exercise. Osmotic balance and movement of fluids between the extracellular and intracellular spaces during exercise. Dehydration and athletic performance. Seawater intake. Replacement of fluids and electrolytes during exercise.

9. Regulation of acid-base balance during exercise.

Causes of alterations in acid-base balance during exercise. Production of hydrogen ions during exercise. Lactic acid and acidosis. Acid-base balance during exercise. Buffer capacity and its modification by training.

10. Regulation of body temperature during exercise.

Causes of changes in thermal balance during exercise. Abnormalities of thermoregulation during exercise. Heat balance during exercise. Temperature measurement during exercise. Thermal changes during exercise. Exercise in warm environments. Heat acclimation. Acclimation loss. Exercise in cold environments. Cold acclimation.

11. Interaction of energy systems during exercise.

Tissue interactions during exercise. Timing of utilization of substrate and energy channels. Muscle utilization of substrates during: moderate, heavy and strenuous exercise. Production and utilization of lactate at rest and during exercise: effects of lactate accumulation.



12. Human energy expenditure during exercise.

General concepts of bioenergetics. Cellular metabolism and energy metabolism. Respiratory quotients: carbohydrates, lipids and proteins, factors affecting the respiratory quotient. Energy balance. Basal metabolism: concept, measurement methods, normal values, ways of expressing it, factors which modify it. Energy expenditure during physical activity: concept, measurement methods, values in different physical activities, factors which modify it. Energy expenditure during physical activity. Classification of physical activity by energy expenditure. Calculation of daily energy expenditure by: heart rate / VO₂ link, occupational tables. Energy expenditure in professional athletes. Energy expenditure during practicing football, basketball, walking, jogging, running and swimming.

13. Functional assessment

General concepts and principles. Utility. Methodological bases: characteristics of functional assessment. Basic methods for functional assessment: clinical-exercise history: assessment of apparatus and systems, assessment of functions: metabolic, respiratory, cardiovascular, march and sensitivity. Assessment of aerobic and anaerobic power and capacity. Valuation of qualities or physical abilities: assessment of power and energy capacities. Methods for functional assessment of the athlete.

14. Exercise in children.

Physiological characteristics of the child. Growth and maturation of the athlete. Development of muscle strength during childhood. Development of anaerobic power and local muscular endurance. Cardiorespiratory and metabolic responses to exercise. Detecting sports talents.

15. Exercise in the elderly

The aging process. Physiological changes by aging. Exercise in the elderly.

16. Molecular biology: a new vision for the physiology of exercise.

The human genome. Protein synthesis. New horizons in molecular biology. Research on human performance

17. Clinical exercise physiology for cardiovascular and pulmonary rehabilitation and cancer.

Clinical applications of the exercise physiology to different diseases and disorders. Prescription of physical activity.

**18. PRACTICES**

LABORATORY PRACTICAL

1. Heart rate submaximal, maximum and reserve.
2. Valuation of cardiovascular and respiratory changes during exercise.
3. Laboratory tests to assess fitness (VO₂max).
4. Field tests to assess fitness.
5. Preparation of diets for athletes.

SEMINARS

1. Training schedule to normal subjects.
2. Benefits and disadvantages of exercise and sport.
3. Molecular Biology applied to sport.
4. Ergogenic aids and doping in exercise.
5. Satellite cell as stem cell. Future prospects.
6. Physical exercise in special populations (children, elderly, pregnant women, etc.)
7. Clinical application of exercise physiology: cardiac rehabilitation, pulmonary disease, renal pathology, diseases and disorders cognitive and emotional.
8. The exercise acts like a drug. Pharmacological benefits of physical exercise.
9. Physical exercise and oxidative stress.

WORKLOAD

ACTIVITY	Hours	% To be attended
Theory classes	19,00	100
Laboratory practices	12,00	100
Seminars	10,00	100
Tutorials	4,00	100
Development of group work	11,00	0
Development of individual work	15,00	0
Study and independent work	28,50	0
Readings supplementary material	5,00	0
Preparation of evaluation activities	7,00	0
Resolution of online questionnaires	1,00	0
TOTAL	112,50	



TEACHING METHODOLOGY

-**Theoretical lessons.** The masterclass will last for 1 hour in which Professor will expose the lesson. The maximum participation of students by asking questions will be promoted during the development of the class.

-**Practices in laboratory classes.** Practices will be held in small groups. Each session will last for 2 hours. After a brief theoretical statement, by the teacher, which will explain the rationale for the practice, students will develop it by groups. Practical classes are conducted in the laboratory of Physiology of the exercise in the Department of Physiology.

-Practical **seminars** classes. The students will be divided into small groups and assigned a topic related to the subject, which must work and exhibit in class. Seminar topics will be selected from the list proposed in Chapter 6 of this guide.

EVALUATION

Theoretical assessment: 60% of the final mark. It will be made by a written test about the contents of the theoretical program and which aim is to assess the acquisition of the knowledge. The content of the test will be the same to each groups of the same subject. The test will be made by 40 multiple-choice with four answer options. 1 of the successful is subtracted for each 3 questions answered incorrectly.

Practical assessment: 40% of the final mark. It will be made by the assessment of the participation on the different activities and by a test which assesses the acquisition of the knowledge related to the general and specific competences.

To pass the subject you must pass each of its parts: theory and practice.

In order to access to an advance on the call of this subject, it is a requirement that the student has coursed all his/her practices.

Attendance of practices will be compulsory.

REFERENCES

Basic

- López-Chicharro J, Fernández-Vaquero A (2009). Fisiología del Ejercicio. 3ª ed. Panamericana
- McArdle WD, Katch FI, Katch VL (2015). Fisiología del Ejercicio. Nutrición, rendimiento y salud. 8ª edición. Wolters Kluwer



Additional

- Guyton AC, Hall JE (2006). Tratado de Fisiología Médica. 12ª ed. Madrid. Ed. Elsevier.
- Segura Cardona R (1987). Prácticas de Fisiología. 1ª ed. Barcelona. Ediciones científicas y técnicas, Masson-Salvat.
- Fox SI (2008). Fisiología Humana. 8ª ed. Madrid. Ed. McGraw-Hill Interamericana de España S.A.U.

ADDENDUM COVID-19

This addendum will only be activated if the health situation requires so and with the prior agreement of the Governing Council

1. Contenidos

Debido a la situación de desaparición de la docencia presencial se van a priorizar los contenidos de las prácticas y los seminarios de la asignatura.

2. Volumen de trabajo y planificación temporal de la docencia

Se reduce el peso de las clases teóricas y se aumentará el peso asignado a las prácticas de la asignatura y a los seminarios. No se mantienen los horarios y se da libertad al estudiante para realizar las tareas programadas de acuerdo a un horario establecido de antemano por los profesores.

3. Metodología docente

Se cargará el material de prácticas y se recepcionarán los seminarios a través del Aula Virtual. Las tutorías se atenderán a través del correo electrónico.

4. Evaluación

Asistencia a clases teóricas: 20% de la calificación final. Asistencia a las prácticas y realización de las actividades de prácticas (20%) Trabajo de seminario: 60%. De éste se valorarán: aspectos estéticos, aspectos estructurales, aspectos de contenido, actualidad y calidad del mismo.

5. Bibliografía