

Applied Human Movement Studies

(SPSC804)

Pathways, programmes/specialisations the paper is attached to

Master of Sport and Exercise, Postgraduate Diploma in Sport and Exercise, Postgraduate Certificate in Sport and Exercise

Am I eligible to enrol in this paper?

Anyone who is enrolled on the one of the following: Postgraduate Certificate In Health Science Ak 3484, Postgraduate Diploma In Health Science Ak3487, Master Of Health Science Ak3485 , Postgraduate Certificate In Sport And Exercise Ak3912, Postgraduate Diploma In Sport And Exercise Ak3911, Master Of Sport And Exercise.

What is this paper about?

Applies advanced biomechanics and motor control concepts and principles to the study of human movement for physical conditioning, sport science, coaching, and rehabilitation applications in practice.

What can I expect to learn?

Biomechanical and motor control theory and concepts

Biomechanics and motor control of:

- Resistance training
- Postural stability and locomotion

How is this paper taught?

Location: The paper is taught Online, in Semester 1.

Teaching Style: Teaching Style: Online flexible, blended learning is employed throughout this paper. Students are expected to access online resources each week to learn critical theoretical content from provided notes, readings, audio files, and associated tasks.

How will I be assessed?

1. Four-page essay
2. Four-page essay
3. Written assignment up to 6,000 words

Who will be teaching me?

Paper Coordinator: Dr Matt Brughelli, PhD

Matt Brughelli is Lecturer in sport and exercise science, and a member of the Sport Performance Research Institute of New Zealand. Matt's research interests are in strength training, eccentric muscular training and sprint mechanics.

Fees

Information about paper tuition fee for papers may be found at:

<http://www.aut.ac.nz/study-at-aut/fees-scholarships-and-finance/fees/postgraduate-fees>

Enrolment and enquires

Please contact Debra Spinetto for any enquiries about enrolment. Further information about our postgraduate offerings may be found online.