

### Programme Summary

Course Code	Course Title	Lecture hours	No. of Credits
<b>PART I (15 credits)</b>			
ESS 501	Exercise Bioenergetics	30	2
ESS 502	Cardiovascular system in exercise	15	1
ESS 503	Ventilation in exercise	15	1
ESS 504	Musculo-skeletal system in exercise	15	1
ESS 505	Neurological control of exercise	15	1
ESS 506	Endocrine system in exercise	15	1
ESS 507	Exercise Biomechanics	15	1
ESS 508	Environmental influence on exercise	15	1
ESS 509	Principles of exercise training	30	2
ESS 510	Age and sex in sport and exercise	30	2
ESS 511	Clinical exercise physiology	15	1
ESS 512	Measurement of Physical fitness	30	2
ESS 513	Sport psychology and sport medicine	30	2
ESS 514	Sports management	15	1
ESS 515	Field experiences in sports	45	3
ESS 516	Independent study	45	3
ESS 517	Research and Statistics in sports sciences	30	2
Total		405	27
<b>PART III - RESEARCH PROJECT</b>			
ESS 518	Research Project	6 months	3