



# UWA 2018/19 Summer School

## Physical Fitness and Health (SSEH1103)

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### Welcome

Thank you for your interest in UWA's annual Summer School, an additional teaching period for students and an opportunity for people to pursue an area of interest or up-skill and progress their career to the next level.

This year's UWA Summer School runs from late November 2018 until early February 2019 and includes nearly 60 units.

Our Summer School units cover a range of engaging topics across various disciplines and embed practical application and experiential learning.

I encourage you to visit [study.uwa.edu.au/summer](http://study.uwa.edu.au/summer), the UWA Summer School website for more information about all units on offer, the enrolment process and available services.

We look forward to welcoming you to the UWA Community this summer.

**Professor Graham Brown**  
(Dean of Coursework Studies (Acting))



THE UNIVERSITY OF  
**WESTERN  
AUSTRALIA**

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# Your Unit

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**Unit Name:** Physical Fitness and Health (SSEH1103)

**Location:** Perth Campus

**Non-assessed Fee:** \$1148.00 (Enjoy the complete educational experience but without the stress of assignments)

**Assessed Fee:** \$1148.00 (Enjoy the complete educational experience, including assignments/exams and receive a final mark. The earned credit can be counted towards a future qualification at UWA)

**Dates:** 7 January 2019- 8 February 2019

**Times:** Mondays and Wednesdays 8am-3:30pm, Fridays 8am-10am

**Explore the importance of physical activity for the health and wellbeing of individuals through hands-on and practical workshops and seminars.**

## Description:

Put 'theory into practice' through an active lecture and a laboratory class each week, exploring the role of physical activity on the health and wellbeing of individuals, and how each component of physical fitness can be developed in a safe and effective manner. Learn about various exercise modalities and training methods used to develop physical fitness in a safe and effective manner, including resistance training and running.

## Learning outcomes:

In this unit, you will:

- learn about the necessity of a physically active lifestyle for health and wellbeing, including the implication of a sedentary lifestyle on health;
- develop a basic understanding of the musculoskeletal and the cardiovascular systems; and
- acquire skills, knowledge and practical experience in the development of conditioning programs for individuals and groups of various ages.

## Lecturer:

**Associate Professor Peter Peeling**

Peter works at UWA in the School of Sports Science, where he teaches courses in Health and fitness, Sports Physiology and Advanced Exercise Physiology. Peter supervises a number

of graduate research students in areas such as iron metabolism in athletes, training methodologies for enhanced athlete adaptation, and the efficacy of various ergogenic aids on athletic performance. Peter has also worked as an applied sports physiologist in the National Institute Network, and he is currently the research director at the WA Institute of Sport.

## Dr Ted Polglaze

Ted recently completed his PhD at UWA, where he investigated the quantification and classification of intensity in team sport activity. Previous to undertaking his doctoral studies, Ted spent more than 20 years in the elite sport industry, having worked at many of Australia's state and national sports institutes, as well as the Australian Men's Hockey team and the Australian Women's Water Polo team. Ted represented Australia in Bobsleigh for 7 years, and was an athlete at the 1998 Winter Olympics.

## Contact details:

Peter.peeling@uwa.edu.au

Ted.polglaze@uwa.edu.au

## Summer School Logistics:

- All external applicants will receive a parking permit to allow them to park on-campus, free of charge. See [transport.uwa.edu.au](http://transport.uwa.edu.au) for information about parking areas, and check your permit for more details when you receive it.
- All students will receive a PHEME account and access to the online learning system (LMS), online library and course materials.
- Free on-campus WIFI will be available through your PHEME account.
- The UWA Summer School Precinct includes a number of cafes with extended opening hours during Summer School. Visit the Student Guild website for more information. [www.uwastudentguild.com](http://www.uwastudentguild.com)
- Summer School students will have access to the Reid Library and all its facilities: computers, charging stations, electrical outlets, printers/copiers, rest areas, group study facilities, private study areas, and of course, the librarians and library staff.
- Lockers and change rooms are available in the Reid Library. Bike racks are located throughout campus. End-of-journey shower facilities are available at the Fitness Centre.
- Information about public transport and cycling to UWA can be found at [study.uwa.edu.au/summer](http://study.uwa.edu.au/summer)
- Further information, including course materials, detailed timetable information, PHEME details, and campus maps, will be provided prior to commencement of the unit.