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## MODULE DESCRIPTOR

### Module Title

Behavioural Change And Exercise

Reference	HS2136	Version	1
Created	March 2018	SCQF Level	SCQF 8
Approved	July 2018	SCQF Points	30
Amended		ECTS Points	15

### Aims of Module

To develop an applied understanding of exercise prescription, and the role of health improvement and promotion in physiotherapy in promotion of physical activity.

### Learning Outcomes for Module

On completion of this module, students are expected to be able to:

- 1 Discuss and explore the theoretical principles of exercise prescription.
- 2 Discuss and analyse the different types of exercise, their purpose and application
- 3 Discuss the barriers and motivators to behavioural change and identify appropriate mechanisms which be employed to enhance participation.
- 4 Explain the principles and concepts of health promotion and improvement.
- 5 Explain the role of the physiotherapist in health improvement and promotion.

### Indicative Module Content

Exercise: Exercise physiology, muscle contraction, muscle response to exercise, training theory, exercise prescription. Progression of exercise. Exercise types : concentric, eccentric exercise, passive, active, active assisted, use of technology, physical activity. Strength, mobility, flexibility, proprioception, plyometric, balance approaches, training and prescription. FITT Principles. ACSM Guidelines. Physical activity policy and guidelines. Group exercise. Biomechanical principles in exercise. Impact of inactivity/disuse: muscle shortening, contractures. Effects of exercise of psychology, sociology, mood and mental health. Brief interventions. Instrumentation used to objectively measure normal and abnormal movement, and human performance. Behavioural change: Theories of behavioural change, motivational interviewing, coaching, mentorship, patient centeredness, patient education. Engagement, adherence, compliance, empowerment. Barriers and motivators to change. Health improvement and promotion: Definitions and principles of health improvements, and promotion. Social determinants of health, health inequalities. Public Health. Equity and diversity. Application of health improvement. Evolution and development of health improvement. Current Government policy in relation to health improvement and promotion. Context of health promotion and improvement.

**Module Delivery**

This module is delivered via workshops, tutorials and practical classes

**Indicative Student Workload**

	Full Time	Part Time
Contact Hours	85	N/A
Non-Contact Hours	215	N/A
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	300	N/A
<i>Actual Placement hours for professional, statutory or regulatory body</i>		

**ASSESSMENT PLAN**

If a major/minor model is used and box is ticked, % weightings below are indicative only.

**Component 1**

Type:	Coursework	Weighting:	100%	Outcomes Assessed:	1, 2, 3, 4, 5
Description:	3000 word coursework				

**MODULE PERFORMANCE DESCRIPTOR****Explanatory Text**

Students must submit a 3000 word Coursework, and demonstrate a minimum of 80% attendance requirement

Module Grade Minimum Requirements to achieve Module Grade:

<b>A</b>	A
<b>B</b>	B
<b>C</b>	C
<b>D</b>	D
<b>E</b>	E
<b>F</b>	To achieve this grade you will have failed to achieve the minimum requirements for an E. And/OR Fails to meet module attendance requirements
<b>NS</b>	Non-submission of work by published deadline or non-attendance for examination

**Module Requirements**

Prerequisites for Module	Completion of Stage One, Semester One Modules of the Master of Physiotherapy: HS1117, and HS1126.
Corequisites for module	None.
Precluded Modules	None.

**INDICATIVE BIBLIOGRAPHY**

- 1 LIGUORI, G. et al., 2021. ACSM's guidelines for exercise testing and prescription. Philadelphia: Wolters Kluwer.
- 2 MCARDLE, W.D., KATCH, F.I. and KATCH, V.L., 2023. Exercise physiology : Nutrition, energy and human performance. Philadelphia: Wolters Kluwer.
- 3 WILLS, J. and NAIDOO, J., 2022. Foundations for health promotion. London: Elsevier.
- 4 SCRIVEN, A. and EWLES, L., 2017. Ewles & Simnett's promoting health : A practical guide. Edinburgh: Elsevier.
- 5 HUPPERT. F.A. and COOPER. C.L., 2014. Interventions and policies to enhance wellbeing. Wellbeing: a complete reference guide, Volume VI London. Wiley
- 6 SARAFINO, E.P. and SMITH, T.W., 2022. Health psychology : Biopsychosocial interactions. Hoboken, NJ: Wiley.