

MODULE DESCRIPTOR

Module Title

Behavioural Change and Exercise

Reference	HS2136	Version	3
Created	February 2023	SCQF Level	SCQF 8
Approved	July 2018	SCQF Points	30
Amended	August 2023	ECTS Points	15

Aims of Module

To develop an applied understanding of behavioural change, health improvement and promotion, and the role of exercise prescription in the promotion of physical activity within Physiotherapy.

Learning Outcomes for Module

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

- 1 Discuss the theoretical principles of exercise prescription.
- 2 Discuss and apply the different types of exercise and their purpose.
- 3 Discuss the barriers and motivators to behavioural change, including appropriate mechanisms which can be employed to enhance participation.
- 4 Explain the principles and concepts of health promotion and improvement, as they apply to sustainable healthcare.
- 5 Explain the role of the physiotherapist in health improvement and promotion.

Indicative Module Content

Exercise and Physical Activity: Exercise physiology, muscle contraction, muscle response to exercise, training theory, and 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. Group exercise. Biomechanical principles in exercise. Impact of inactivity/disuse: muscle shortening, contractures Instrumentation used to objectively measure normal and abnormal movement, and human performance. Effects of exercise of psychology, sociology, mood and mental health. Behavioural change and Health Promotion: Theories and models of behavioural change, motivational interviewing, brief interventions, coaching, mentorship, whole person care, patient education. Engagement, adherence, compliance, empowerment. Barriers and motivators to change. Health improvement and promotion: Definitions and principles of health improvements, and promotion. Context of health promotion and improvement. Social determinants of health, health inequalities. Public Health. Equity, diversity and inclusivity. Application of health improvement. Evolution and development of health improvement. Sustainability as it applies to health promotion, empowerment and choice. Policy and Guidelines: Current Government policy in relation to health improvement and promotion. ACSM Guidelines. Physical activity policy and guidelines.

Module Delivery

Blended delivery comprising on campus and online learning and engagement. This will include - Workshops, Tutorials, Practical's, Seminars, Keynote Lectures, Digital Learning Resources and Simulation.

Indicative Student Workload

	Full Time	Part Time
Contact Hours	80	N/A
Non-Contact Hours	220	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: Coursework based upon case study.

Component 2

Type: Coursework Weighting: 0% Outcomes Assessed: 2
 Description: This relates to a minimum of 80% mandatory attendance of all scheduled module delivery. Attendance will be assessed on a pass/unsuccessful basis.

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

C1 is assessed on A-F basis and is 100% of the grade. To achieve a pass a grade D or above is required and a pass in C2 (80% module attendance).

Module Grade	Minimum Requirements to achieve Module Grade:
A	C1 grade A and C2 Pass
B	C1 grade B and C2 Pass
C	C1 grade C and C2 Pass
D	C1 grade D and C2 Pass
E	C1 grade E and C2 Pass
F	C1 grade F and/or C2 Fail
NS	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.