

MODULE DESCRIPTOR

Module Title

Sport and Exercise in Public Health

Reference	HS2151	Version	3
Created	September 2024	SCQF Level	SCQF 8
Approved	June 2021	SCQF Points	15
Amended	September 2024	ECTS Points	7.5

Aims of Module

This module aims to increase awareness of health inequalities as well as the concepts of public health and the role of sport and exercise therein. The module will seek to introduce students to key sociological perspectives of sport and exercise within society.

Learning Outcomes for Module

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

- 1 Describe the concepts, theories and models of health.
- 2 Explain the factors that influence population health and the links with health inequalities.
- 3 Explain sociological perspectives regarding the role of sport and exercise for health and wellbeing.
- 4 Discuss the contemporary issues relating to the role of sport exercise and physical activity within public health to promote good health and wellbeing.
- 5 Demonstrate the necessary professionalism through attendance at learning opportunities required for safe practice.

Indicative Module Content

Theories and models of health; social policy and health; health inequalities; Sociological perspectives; evaluation of health development/improvement initiatives; sport, exercise and physical activity policies; effect of sport, exercise and physical activity on population health, well-being and quality of life; The impact of different societal influences on motivators and barriers; Review the health and wellbeing of populations; Behaviour change; Global and national health concerns; Factors influencing population health; Health policies and coherence for sustainable development.

Module Delivery

Blended delivery comprising on campus and online learning and engagement. This will include Digital Learning Resources, Tutorials and Workshops.

Indicative Student Workload	Full Time	Part Time
Contact Hours	30	N/A
Non-Contact Hours	120	N/A
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	150	N/A
Actual Placement hours for professional, statutory or regulatory body		

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
Description:	Patchwork assessment				

Component 2

Type:	Coursework	Weighting:	0%	Outcomes Assessed:	5
Description:	Minimal module attendance requirement of 70%				

MODULE PERFORMANCE DESCRIPTOR

Explanatory Text

Component 1 grade based on grading proforma. Component 2 is a minimum modular attendance requirement of 70%

Module Grade	Minimum Requirements to achieve Module Grade:
A	Component 1 A; Component 2 Pass
B	Component 1 B; Component 2 Pass
C	Component 1 C; Component 2 Pass
D	Component 1 D; Component 2 Pass
E	Component 1 E; Component 2 Pass
F	Component 1 F and/or fails Component 2
NS	Non-submission of work by published deadline or non-attendance for examination

Module Requirements

Prerequisites for Module	Successful completion of Stage 1 of the BSc (Hons) Applied Sport and Exercise Science course, or equivalent.
Corequisites for module	None.
Precluded Modules	None.

INDICATIVE BIBLIOGRAPHY

- 1 SCRIVEN, A., EWLES, L. & SIMNETT, I., 2017. Promoting health: a practical guide. 7th ed. Elsevier.
- 2 NAIDOO, J. & WILLS, J., 2016. Foundations for Health Promotion. 4th ed. Elsevier.
- 3 PHILLIPS, J. and HOOKE, J., 1998. The sport of debating: winning skills and strategies. Indiana: UNSW Press.