

## MODULE DESCRIPTOR

### Module Title

Exercise Programming and Delivery

Reference	HS2152	Version	2
Created	April 2023	SCQF Level	SCQF 8
Approved	June 2021	SCQF Points	15
Amended	June 2023	ECTS Points	7.5

### Aims of Module

To provide students with the professional skills required to work with individuals and groups in general exercise settings

### Learning Outcomes for Module

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

- 1 Demonstrate the use of progressive instructing methods to effectively deliver a range of exercises.
- 2 Apply safe and effective exercise instruction to participants.
- 3 Produce an exercise regime for general population participants, and deliver appropriate to the level of ability.
- 4 Justify the application of acute programme variables designed to impact on specific fitness components.
- 5 Demonstrate the necessary professionalism through attendance at learning opportunities required for safe practice.

### Indicative Module Content

Goal setting; screening; exercise consultation; programme delivery; coaching, feedback; use of equipment; exercise progressions and regressions; sessions plans; reflective practice; risk assessment; customer service; fixed weights; free weights; bodyweight training; group exercise; warm-up; cool down

### Module Delivery

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

**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
<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:	Practical Exam	Weighting:	100%	Outcomes Assessed:	1, 2, 3, 4
Description:	Justified practical exam with supporting programme				

**Component 2**

Type:	Coursework	Weighting:	0%	Outcomes Assessed:	5
Description:	Minimal module attendance requirement of 80%				

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

Component 1 grade based on grading proforma. Component 2 is a minimum modular attendance requirement of 80%

Module Grade	Minimum Requirements to achieve Module Grade:
<b>A</b>	Component 1 A; Component 2 Pass
<b>B</b>	Component 1 B; Component 2 Pass
<b>C</b>	Component 1 C; Component 2 Pass
<b>D</b>	Component 1 D; Component 2 Pass
<b>E</b>	Component 1 E; Component 2 Pass
<b>F</b>	Component 1 F and/or fails Component 2
<b>NS</b>	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 Liguori, G. and American College of Sports Medicine, 2020. ACSM's guidelines for exercise testing and prescription. 11th ed. Lippincott Williams & Wilkins.
- 2 SWAIN, D.P. & LEUTHOLZ B.C., 2007. Exercise prescription: a case study approach to the ASCM guidelines (2nd ed). Champaign, IL: Human Kinetics.
- 3 MCARDLE, W.D., KATCH, F.I. & KATCH, V.I., 2014. Exercise physiology (8th ed). London: Lippincott Williams & Wilkins.
- 4 DELAVIER, F., 2010. Strength Training Anatomy (3rd ed). Champaign IL: Human Kinetics.