

MODULE DESCRIPTOR

Module Title

Exercise Programming and Delivery

Reference	HS2152	Version	4
Created	September 2024	SCQF Level	SCQF 8
Approved	June 2021	SCQF Points	15
Amended	September 2024	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 to support healthy living and promote well-being for all at all ages.

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 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 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.