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## MODULE DESCRIPTOR

### Module Title

Physical Activity & Exercise Prescription

Reference	HS3071	Version	3
Created	June 2017	SCQF Level	SCQF 9
Approved	June 2010	SCQF Points	30
Amended	August 2017	ECTS Points	15

### Aims of Module

To enable the student to assess the fitness of an individual or population and to discuss options for activity management for individuals or groups.

### Learning Outcomes for Module

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

- 1 Discuss how exercise physiology influences cardiovascular and muscular status.
- 2 Demonstrate selected assessment techniques using a patient centred approach to individuals or groups with fitness related issues.
- 3 Discuss the prescription of exercise and physical activity for individuals/groups and the importance of enrolment through enabling behavioural change and exercise counselling.
- 4 Evaluate the role of the wider team in increasing participation in activity in the population.
- 5 Explain the importance of valid and reliable tools in the measurement and monitoring of exercise.

### Indicative Module Content

Review of Exercise physiology Units measurement of fitness - heart rate response, RPE, Body fat (via tests), VO2 max, RM or Newtons. Tests - Aerobic Ex tests (VO2 max, Sub max, Treadmill, cycle, step, Field tests, SWT, 6 MWT, PCI, 2km walk test). Strength (1 & 10 RM, Cybex video, Dynamometer, Oxford grading critique) Flexibility (ROM ? goniometer, Sit & reach, finger tip to floor), functional assessment. Screening questionnaires, and motivational interviewing. Reliability and validity. Review of training principles ? FITT, Fitness; Strength; Flexibility, Client groups. Enrollment - behaviour change models, partnership working, voluntary sector, exercise counselling, guidelines, standards and policy. Current P-practice. Exercise settings. Adherence/compliance More active population - Government & NHS documents, CSP Move for Health, PAHA, Multi agency role Client groups: cardiac, pulmonary, mental health, children, elite athletes, olderpeople, and cancer. Patient centeredness, individualised care. Modification of communication within group setting. Modification of communication and approaches with different individuals and client groups. Exercise and physical activity in long term conditions. Role of exercise and physical activity in anticipatory care. Participation in school clubs/PE classes. Evaluation and reflection of practice. Outcome measures. Journal clubs

**Module Delivery**

Tutorials, practicals, on-line material, directed study.

**Indicative Student Workload**

	Full Time	Part Time
Contact Hours	65	N/A
Non-Contact Hours	235	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: Component 1 will be a coursework in the form of a report including data analysis

**Component 2**

Type: Coursework Weighting: 0% Outcomes Assessed:  
 Description: Minimum modular attendance of 80%

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

Component 1 is a coursework in the form of a report. Component 2 is a minimum modular attendance of 80%

Module Grade Minimum Requirements to achieve Module Grade:

<b>A</b>	To achieve an A you must achieve a minimum of 4 A's, 2B's and 1 C from rows 1, 2, 3, 4, 5, 6 and 7, and 3 distinctions and 1 pass from rows 8, 9,10 and 11. Pass in row 12.
<b>B</b>	To achieve a B you must achieve a minimum of 4 B's, 2C's, and 1 D from rows 1, 2,3, 4, 5, 6 and 7, and 2 distinctions and 2 passes from rows 8, 9,10 and 11. Pass in row 12.
<b>C</b>	To achieve a C, you must achieve a minimum of 4C's and 3 D's from rows 1, 2, 3, 4, 5, 6 and 7, and 1 Distinction and 3 Passes from rows 8, 9, 10, and 11. Pass in row 12.
<b>D</b>	To achieve a D, you must achieve a minimum of 5D's and 2E's from rows 1, 2, 3, 4, 5, 6 and 7 and a minimum of 3 passes from rows 8, 9,10 and 11. Pass in row 12.
<b>E</b>	To achieve an E you must achieve a minimum of 5E's and 2F's from rows 1, 2, 3, 4, 5, 6 and 7, and a minimum of one pass from rows 8, 9, 10 and 11 at least 1 Pass. Pass in row 12.
<b>F</b>	To achieve this grade you must fail to achieve the minimum requirements for an E. Fail in row 12. And or fails to meet the 80% modular attendance requirement
<b>NS</b>	Non-submission of work by published deadline or non-attendance for examination

### Module Requirements

Prerequisites for Module	Successful completion of all Stage 1 and 2 BSc (Hons) Physiotherapy modules, or equivalent.
Corequisites for module	None.
Precluded Modules	None.

### INDICATIVE BIBLIOGRAPHY

- 1 LAVERACK, G., 2014. The pocket guide to health promotion. Maidenhead: McGraw-Hill Education.
- 2 MCARDLE, W.D., KATCH, F.I. and KATCH, V.L., 2015. Exercise physiology : nutrition, energy and human performance. Philadelphia: Wolters Kluwer.
- 3 NAIDOO, J. and WILLS, J., 2022. Foundations for health promotion. 5th Ed. London: Elsevier.
- 4 SCRIVEN, A. and EWLES, L., 2017. Ewles and Simnett's promoting health : a practical guide. Amsterdam: 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 COTTRELL, S., 2017. Critical thinking skills : effective analysis, argument and reflection. London: Palgrave.
- 7 LIGUORI, G. et al., 2021. ACSM's guidelines for exercise testing and prescription. Philadelphia: Wolters Kluwer
- 8 MILLER, W.R.(R. and ROLLNICK, S., 2012. Motivational interviewing helping people change. 3rd ed. New York: Guilford Publications.