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MODULE DESCRIPTOR

Module Title

Physical Activity & Exercise Prescription

Reference	HS3071	Version	4
Created	March 2018	SCQF Level	SCQF 9
Approved	June 2010	SCQF Points	30
Amended	July 2018	ECTS Points	15

Aims of Module

To enable students to carry out a comprehensive assessment of an individual or groups physical fitness, and to discuss and formulate and justify an appropriate exercise plan.

Learning Outcomes for Module

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

- 1 Discuss the theoretical principles of exercise physiology with regard to the health and fitness of specific clients or groups.
- 2 Discuss and justify relevant and selected fitness and assessment techniques for specific clients or groups.
- 3 Analyse fitness testing data from specific clients or groups and justify and discuss exercise prescription, physical activity and health promotion plan.
- 4 Discuss the importance of enrolment through enabling behavioural change and exercise counselling.
- 5 Evaluate the role of the wider team in increasing participation in activity in a variety of population groups.

Indicative Module Content

Assessment: Units measurement of fitness - heart rate response, RPE, Body fat, 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 (ROML: goniometer, Sit & reach, finger tip to floor), functional assessment. Screening questionnaires. Measurement of human performance, gait, physical activity. Instrumentation used to objectively measure normal and abnormal movement. Exercise prescription and training principles FITT, Fitness; Strength; Flexibility, specifically to individual client needs. Behavioural change models. Motivational interviewing. Use of technology. Adherence, and compliance. Collaborative practice, partnership building. Measuring and monitoring involvement and engagement. Professional ACSM, CSP Move for Health, National Physical activity agenda. Communication modification, mentorship, team working. Physical activity and exercise involving primary, secondary care and the third sector. Anticipatory care. Health and safety. Evaluation and reflection. Patient centeredness, individualised care Client groups: Client groups: cardiac, pulmonary, mental health, children, elite athletes, older people, and cancer.

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

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

Component 1 is a coursework in the form of a report.

Module Grade Minimum Requirements to achieve Module Grade:

A	A
B	B
C	C
D	D
E	E
F	To achieve this grade you will have failed to achieve the minimum requirements for an E. And/OR Fails to meet module attendance requirements
NS	Non-submission of work by published deadline or non-attendance for examination

Module Requirements

Prerequisites for Module	Successful completion of all Stage One and Two Modules within the Master of Physiotherapy course.
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.