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MODULE DESCRIPTOR

Module Title

Physical Activity & Exercise Prescription

Reference	HS3071	Version	5
Created	June 2021	SCQF Level	SCQF 9
Approved	June 2010	SCQF Points	30
Amended	August 2021	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 the application of relevant and selected fitness and assessment techniques to specific clients or groups.
- 3 Analyse fitness testing data from specific clients or groups and to inform exercise prescription, physical activity and health promotion.
- 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

Fitness Testing Review of Exercise physiology. Units of measurement of fitness - heart rate response, RPE, Body fat (via tests), VO2 max. Tests - Aerobic Ex tests (VO2 max, Sub max, Treadmill, cycle, step, Field tests, SWT, 6 MWT). Strength (1 & 10 RM, Cybex Dynamometer, Oxford grading critique) Flexibility (ROM ? goniometer, Sit & reach, fingertip to floor), functional assessment. Review of training principles ? FITT, Fitness; Strength; Flexibility, Client groups. Enrolment Screening questionnaires, and motivational interviewing. Enrolment - behaviour change models, partnership working, collaborative practice, voluntary sector, exercise counselling, guidelines, standards and policy. More active population - Government & NHS documents, CSP Move for Health, Multi agency role, Professional ACSM, National Physical Activity Agenda. Adherence/compliance. Inclusivity. Research Reliability and validity. Current practice. Outcome measures. Journal clubs. Evaluation and reflection of practice. Exercise settings Inclusive client groups: cardiac, pulmonary, mental health, children, elite athletes, older people, and cancer. Whole person care, individualised care. Modification of communication within group setting. Modification of communication and approaches with different individuals and client groups. Teamworking. Physical activity and exercise involving primary, secondary care and the third sector. Exercise and physical activity in long term conditions. Role of exercise and physical activity in anticipatory care. Participation in school clubs/PE classes. Sustainability.

Module Delivery

Blended delivery comprising on campus and online learning and engagement. This will include ? Workshops, Tutorials, Practical?s, Seminars, Keynote Lectures and Digital Learning Resources.

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: 2
 Description: This relates to a minimum of 80% mandatory attendance of all scheduled module delivery. Attendance will be assessed on a pass/unsuccessful basis.

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

C1 is assessed on A-F basis and is 100% of the grade. To achieve a pass a grade D or above is required and a pass in C2 (80% module attendance).

Module Grade	Minimum Requirements to achieve Module Grade:
A	C1 grade A and C2 Pass
B	C1 grade B and C2 Pass
C	C1 grade C and C2 Pass
D	C1 grade D and C2 Pass
E	C1 grade E and C2 Pass
F	C1 grade F and/or C2 Fail
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.