

MODULE DESCRIPTOR

Module Title

Exercise Prescription and Delivery for Varying Populations

Reference	HS3108	Version	3
Created	March 2017	SCQF Level	SCQF 9
Approved	June 2012	SCQF Points	30
Amended	August 2017	ECTS Points	15

Aims of Module

This module seeks to provide the students with a comprehensive understanding of the relationship between chronic non-communicable diseases and exercise, physical activity and sedentary behaviour. In addition this module seeks to enable students to consider factors associated with physical, social and psychological wellbeing.

Learning Outcomes for Module

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

- 1 Compile and justify individual exercise prescription plans with appropriate modifications on the basis of age, gender and health status of the client.
- 2 Critically analyse health and exercise assessment protocols and justify appropriate test protocols for specific client needs.
- 3 Evaluate the effects of age, gender and health on exercise capabilities.
- 4 Design an appropriate intervention considering physiological, psychological and sociological factors associated with exercise participation for specific populations.
- 5 Apply national and regional policies and strategies in the development of interventions within the community.

Indicative Module Content

Understanding of the role of exercise and physical activity in the prevention, treatment and management of varying health conditions and associated risk factors (including but not limited to Hypertension, Hypercholesterolemia, Asthma, Chronic Obstructive Pulmonary Disease, Osteoarthritis, Rheumatoid arthritis, Osteoporosis, Depression, Stress, Anxiety, Diabetes Type 1 and 2 and Obesity) and the differing exercise needs of those with specific health conditions; physiological, biomechanical, psychological and sociological factors associated with participation; rationale for exercise for inactive populations; exercise on referral schemes, cardiac rehabilitation, pulmonary rehabilitation and other rehabilitative exercise or physical activity interventions; the role of national and regional policies and strategies in the development of interventions within the community.

Module Delivery

lectures and tutorials supported by practical sessions and practical clinics and completion of directed studies to develop underpinning knowledge and understanding.

Indicative Student Workload

	Full Time	Part Time
Contact Hours	98	N/A
Non-Contact Hours	202	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:	50%	Outcomes Assessed:	1, 2, 3
Description:	Written Coursework				

Component 2

Type:	Coursework	Weighting:	50%	Outcomes Assessed:	4, 5
Description:	Presentation				

MODULE PERFORMANCE DESCRIPTOR

Explanatory Text

Individual components are graded using separate grading proformas. The combined grade is determined using the following matrix.

		Coursework:						NS
		A	B	C	D	E	F	
Coursework:	A	A	A	B	B	C	E	
	B	A	B	B	C	D	E	
	C	B	B	C	C	D	E	
	D	B	C	C	D	E	F	
	E	C	D	D	E	E	F	
	F	E	E	E	F	F	F	
	NS	Non-submission of work by published deadline or non-attendance for examination						

Module Requirements

Prerequisites for Module	Successful completion of Stages 1 and 2 of the BSc (Hons) Applied Sport and Exercise Science course, or equivalent.
Corequisites for module	None.
Precluded Modules	None.

ADDITIONAL NOTES

A pass will not normally be awarded for this module unless the student has attended a minimum of 80% of all learning opportunities.

INDICATIVE BIBLIOGRAPHY

- 1 ACSM, 2016. ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities. 4th ed. Leeds, UK: Human Kinetics.
- 2 BIDDLE, S.J.H., MUTRIE, N. and GORELY, T., 2015. Psychology of Physical Activity. 3rd ed. London, UK: Routledge.
- 3 HARDMAN, A.E. and STENSEL, D.J., 2009. Physical Activity and Health. 2nd ed. London, UK: Routledge.
- 4 MARGERESON, C. and TRENOWETH, S., 2009. Developing Holistic Care for Long-term Conditions. London, UK: Routledge.
- 5 DISHMAN, R.K., HEATH, G.W. and LEE, I., 2012. Physical Activity Epidemiology. USA: Human Kinetics.