

MODULE DESCRIPTOR

Module Title

Pathophysiology And Exercise

Reference	HS3138	Version	3
Created	April 2024	SCQF Level	SCQF 9
Approved	June 2021	SCQF Points	15
Amended	May 2024	ECTS Points	7.5

Aims of Module

This module aims to develop understanding of the pathology of specific non-communicable conditions and how they impact on exercise as well as how they respond to exercise.

Learning Outcomes for Module

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

- 1 Deconstruct the impact of specific pathology on physiological exercise responses.
- 2 Discuss the physiological adaptations to exercise for specific health conditions.
- 3 Analyse the impact of recognised treatments and medical interventions on the body's response to exercise.
- 4 Critically discuss the role of exercise in the prevention, management and treatment of specific health conditions.
- 5 Demonstrate the necessary professionalism through attendance at learning opportunities required for safe practice.

Indicative Module Content

Understanding of the role of exercise and physical activity in the prevention, treatment and management of varying health conditions; comorbidities and multimorbidities; risk factors both modifiable and non-modifiable; non-communicable diseases; pathology and physiology; physiological systems and responses; differing exercise needs of those with specific health conditions; physiological factors associated with participation; medical treatments and interventions, health policies and coherence for sustainable development.

Module Delivery

Blended delivery comprising on campus and online learning and engagement. This will include Digital Learning Resources and Tutorials.

Indicative Student Workload	Full Time	Part Time
Contact Hours	36	N/A
Non-Contact Hours	114	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:	Coursework	Weighting:	100%	Outcomes Assessed:	1, 2, 3, 4
Description:	Written Assignment				

Component 2

Type:	Coursework	Weighting:	0%	Outcomes Assessed:	5
Description:	Minimal module attendance requirement of 80%				

MODULE PERFORMANCE DESCRIPTOR

Explanatory Text

Component 1 grade based on grading proforma. Component 2 is a minimum modular attendance requirement of 80%

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 2 of the BSc (Hons) Applied Sport and Exercise Science course, or equivalent.
Corequisites for module	None.
Precluded Modules	None.

INDICATIVE BIBLIOGRAPHY

- 1 ACSM, Moore.G., Durstine.J.L. and Painter.P., 2016. ACSM's Exercise Management for Person's with Chronic Diseases and Disabilities. 4th Ed. Champaign, IL: Human Kinetics.
- 2 BIDDLE, S.J.H., MUTRIE, N. and GORELY, T., 2015. Psychology of Physical Activity. 3rd ed. London, UK: Routledge
- 3 DISHMAN, R.K., HEATH, G.W. and LEE, I., 2021. Physical Activity Epidemiology. 3rd ed. USA: Human Kinetics.
- 4 Goodman,C.C. & Fuller,K.S., 2021. Pathology Implications for the Physical Therapist. 5th ed. Elsevier