

## MODULE DESCRIPTOR

### Module Title

Pathophysiology And Exercise

Reference	HS3138	Version	4
Created	September 2024	SCQF Level	SCQF 9
Approved	June 2021	SCQF Points	15
Amended	September 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
Actual Placement hours for professional, statutory or regulatory body		

## 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 70%				

## MODULE PERFORMANCE DESCRIPTOR

### Explanatory Text

Component 1 grade based on grading proforma. Component 2 is a minimum modular attendance requirement of 70%

Module Grade	Minimum Requirements to achieve Module Grade:
<b>A</b>	Component 1 A; Component 2 Pass
<b>B</b>	Component 1 B; Component 2 Pass
<b>C</b>	Component 1 C; Component 2 Pass
<b>D</b>	Component 1 D; Component 2 Pass
<b>E</b>	Component 1 E; Component 2 Pass
<b>F</b>	Component 1 F and/or fails Component 2
<b>NS</b>	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