

MODULE DESCRIPTOR

Module Title

Exercise Prescription

| | | | |
|-----------|------------|-------------|--------|
| Reference | HS3143 | Version | 2 |
| Created | April 2023 | SCQF Level | SCQF 9 |
| Approved | June 2021 | SCQF Points | 15 |
| Amended | June 2023 | ECTS Points | 7.5 |

Aims of Module

This module aims to develop an understanding of applied prescription and evaluation of research relevant to effective exercise prescription for people with specific non-communicable diseases.

Learning Outcomes for Module

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

- 1 Implement evidence based exercise prescription to positively impact on health status.
- 2 Compare and contrast research on the effectiveness of exercise prescription for health related components of fitness.
- 3 Interpret policies and strategies underpinning provision of exercise for specific populations.
- 4 Critically analyse the physiological, psychological and sociological factors associated with exercise engagement for specific populations.
- 5 Demonstrate the necessary professionalism through attendance at learning opportunities required for safe practice.

Indicative Module Content

Differing exercise needs of those with specific health conditions; physiological, 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 provision of exercise for specific health related populations.

Module Delivery

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

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: | Portfolio | | | | |

Component 2

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

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

Component 1 is a portfolio with 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

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|--------------------------|--|
| 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, 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.