

## MODULE DESCRIPTOR

### Module Title

Exercise Prescription

Reference	HS3143	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 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; 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, Tutorials, Practical sessions and Practical Clinics.

<b>Indicative Student Workload</b>	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:
<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, 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.