

MODULE DESCRIPTOR

Module Title

Exercise Prescription

Reference	HS3143	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 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.

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 70%				

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 70%.

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, 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.