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MODULE DESCRIPTOR

Module Title

Exercise And Health

Reference	HSM151	Version	3
Created	August 2017	SCQF Level	SCQF 11
Approved	November 2013	SCQF Points	15
Amended	September 2017	ECTS Points	7.5

Aims of Module

To develop critical and applied understanding of the role of exercise prescription, health improvement and health promotion in physiotherapy.

Learning Outcomes for Module

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

- 1 Discuss the role of the physiotherapist in relation to health improvement, health promotion and public health.
- 2 Critically examine the impact of inequalities on the health of individuals and communities.
- 3 Critically discuss the principles of exercise prescription in relation to patient/client problems.
- 4 Critically discuss the interaction between health improvement and exercise prescription.
- 5 Systematically gather, synthesise, evaluate and discuss relevant literature and data in relation to exercise and health.

Indicative Module Content

Evolution of health promotion and public health to the present day. Definitions of health promotion and health improvement. Underpinning principles of health improvement Social determinants of the health of the population. Inequalities. Current government policy related to health. Applying the principles of health improvement Common mental health conditions. Exercise prescription Exercise physiology including cardiovascular, respiratory and muscular system response to exercise. Effects of exercise on mood and mental state. Psychology/behaviour change/adherence. Principles of prescription (aerobic/flexibility/strength). Physical activity promotion Group exercise. Exercise progression. Patient education and advice. Consideration of life stages from paediatrics to older age. Introduction to cultural competence. Performance testing. Communication: communicating with groups of people and individuals. Teaching and learning theory. Skill acquisition theory including feedback, contextual interference, modelling, manual guidance. Research aims and objectives research tools and outcome measurement. Critical review of scientific literature. Academic writing. Data handling and data analysis

Module Delivery

Workshops, Tutorials, Practicals and On-line resources.

Indicative Student Workload

	Full Time	Part Time
Contact Hours	50	N/A
Non-Contact Hours	100	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: Weighting: Outcomes Assessed:
 Description:

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

COMPONENT 1 (COURSEWORK) IS 100% OF THE GRADE. TO ACHIEVE A PASS A GRADE D OR ABOVE IS REQUIRED.

Module Grade	Minimum Requirements to achieve Module Grade:
A	<input type="text" value="A"/>
B	<input type="text" value="B"/>
C	<input type="text" value="C"/>
D	<input type="text" value="D"/>
E	<input type="text" value="E"/>
F	<input type="text" value="F"/>
NS	<input type="text" value="Non-submission of work by published deadline or non-attendance for examination"/>

Module Requirements

Prerequisites for Module
 Corequisites for module
 Precluded Modules

ADDITIONAL NOTES

This module has an 80% attendance requirement. This is essential in order to develop the professionalism required of a Physiotherapist and to ensure that students are competent for clinical placement.

INDICATIVE BIBLIOGRAPHY

- 1 McARDLE, W., KATCH, F. and KATCH, V., 2015. Exercise Physiology, 8th ed. Philadelphia: Lippincott Williams & Williams.
- 2 AMERICAN COLLEGE OF SPORTS MEDICINE, 2018. ACSM's guidelines for exercise testing and prescription, 10th edition. Lippincott, Williams & Wilkins.
- 3 CRAGG. L., DAVIES M. and MACDOWALL W., 2013 Health Promotion Theory. Maidenhead: Open University Press.
- 4 SCRIVEN A and EWLES L., 2017 Promoting Health: A Practical Guide, 7th ed. London: Balliere Tindall.
- 5 NUTLAND W.(Ed) and CRAGG L. (Ed), 2015. Health Promotion Practice. Maidenhead: Open University Press.