

## MODULE DESCRIPTOR

### Module Title

Exercise And Health

Reference	HSM151	Version	4
Created	May 2021	SCQF Level	SCQF 11
Approved	May 2015	SCQF Points	15
Amended	September 2021	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, and safe application of, exercise prescription in relation to patient/client problems.
- 4 Systematically gather, synthesise, evaluate and discuss relevant literature and data in relation to exercise and health.

### Indicative Module Content

HEALTH - 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, equity and diversity. Delivery of sustainable clinical practice. Current government policy related to health. Applying the principles of health improvement common health conditions; mental health. Collaborative working. Context of health in different communities. EXERCISE/ACTIVITY - Exercise screening and risk assessment. 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. Motivational interview techniques. Physical activity promotion. Principles of prescription (aerobic/flexibility/strength). Principles of group exercise. Exercise progression. Enablement, empowerment and education. Consideration of life stages from paediatrics to older age. Performance testing. Communication: communicating with groups of people and individuals. Teaching and learning theory. Skill acquisition theory including feedback, modelling, manual guidance. Principles and application of hydrotherapy. RESEARCH - Search strategies (NHS TURAS module). Critical review of scientific literature. Research aims and objectives research tools and outcome measurement. Academic writing. Data handling and data analysis.

### Module Delivery

Workshops, Tutorials, Practicals, Student-led groups 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:	Coursework	Weighting:	100%	Outcomes Assessed:	1, 2, 3, 4
Description:	Report				

#### Component 2

Type:	Coursework	Weighting:	0%	Outcomes Assessed:	3
Description:	This relates to a minimum of 80% mandatory attendance of all scheduled module delivery. Attendance will be assessed on a pass/fail (unsuccessful) basis.				

**MODULE PERFORMANCE DESCRIPTOR****Explanatory Text**

Component 1 (Coursework) is 100% of the grade and is assessed on an A-F basis.. To achieve a pass a grade D or above is required + a pass in component 2 (80%) module attendance).

Module Grade	Minimum Requirements to achieve Module Grade:
<b>A</b>	A + Pass
<b>B</b>	B + Pass
<b>C</b>	C + Pass
<b>D</b>	D + Pass
<b>E</b>	E + Pass
<b>F</b>	F +/- Fail (unsuccessful)
<b>NS</b>	Non-submission of work by published deadline or non-attendance for examination

**Module Requirements**

Prerequisites for Module	None in addition to course entry requirements.
Corequisites for module	None.
Precluded Modules	None.

**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.