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MODULE DESCRIPTOR

Module Title

Physical Activity, Exercise Prescription And Health

Reference	HSM194	Version	1
Created	May 2019	SCQF Level	SCQF 11
Approved	August 2020	SCQF Points	15
Amended		ECTS Points	7.5

Aims of Module

To develop critical and applied understanding of physical activity and exercise prescription in relation to health of varied populations.

Learning Outcomes for Module

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

- 1 Critically discuss the strategies which support practitioners in prescribing physical activity and exercise in relation to health.
- 2 Critically examine the impact of wider determinants of health on individuals and communities.
- 3 Critically evaluate the evidence for and application of physical activity and exercise prescription in relation to health.
- 4 Evaluate and discuss relevant physical activity policies and guidelines.

Indicative Module Content

None.

Module Delivery

Online delivery via online workshops, tutorials and fora postings.

Indicative Student Workload

	Full Time	Part Time
Contact Hours	N/A	25
Non-Contact Hours	N/A	125
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	N/A	150
<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: Production of client resource

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

Coursework is 100% of the grade. To pass a grade D or above is required.

Module Grade	Minimum Requirements to achieve Module Grade:
A	A
B	B
C	C
D	D
E	E
F	Fails to achieve minimum requirements for an E.
NS	Non-submission of work by published deadline or non-attendance for examination

Module Requirements

Prerequisites for Module None.
 Corequisites for module None.
 Precluded Modules None.

INDICATIVE BIBLIOGRAPHY

- 1 DUGDILL, L., CRONE, D. and MURPHY, R., 2009. Physical activity and health promotion: evidence-based approaches to practice. Chichester, West Sussex: Wiley-Blackwell.
- 2 HUPPERT, F.A. and COOPER, C.L., 2014. Interventions and policies to enhance wellbeing. Chichester, West Sussex: John Wiley & Sons.
- 3 MCARDLE, W.D., KATCH, F.I. and KATCH, V.L., 2022. Exercise physiology: nutrition, energy and human performance, 9th ed. Philadelphia: Wolters Kluwer.
- 4 NAIDOO, J. and WILLS, J., 2022. Foundations for health promotion, 5th ed. London: Elsevier.
- 5 TAPPER, K., 2021. Health psychology and behaviour change: from science to practice. London: Red Globe Press. (e-book).
- 6 RIEBE, D., 2021. ACSM's guidelines for exercise testing and prescription, 11th ed. Philadelphia: Wolters Kluwer.
- 7 HUBBLEY, J., COPEMAN, J., WOODALL, J., 2020. Practical health promotion, 3rd ed. Cambridge: Polity Press.
- 8 COTTRELL, S., 2017. Critical thinking skills: effective analysis, argument and reflection. London: Palgrave.