

## MODULE DESCRIPTOR

### Module Title

Physical Activity, Exercise Prescription And Health

Reference	HSM194	Version	2
Created	October 2022	SCQF Level	SCQF 11
Approved	August 2020	SCQF Points	15
Amended	March 2023	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

Part time distance learning - directed study supported by tutorials, workshops and seminars delivered on-line.

### Indicative Student Workload

	Full Time	Part Time
Contact Hours	N/A	22
Non-Contact Hours	N/A	128
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**

This module is assessed by one component: C1 100% weighting. Module pass mark = Grade D.

Module Grade	Minimum Requirements to achieve Module Grade:
<b>A</b>	An A in component 1.
<b>B</b>	A B in component 1.
<b>C</b>	A C in component 1.
<b>D</b>	A D in component 1.
<b>E</b>	An E in component 1.
<b>F</b>	An F in component 1.
<b>NS</b>	Non-submission of work by published deadline or non-attendance for examination

**Module Requirements**

Prerequisites for Module	Refer regulation A2: Admission and Enrolment for admission requirements and/or course specific entry requirements.
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.