



CORPORATE AND ACADEMIC SERVICES

MODULE SPECIFICATION

Part 1: Basic Data						
Module Title	Special Populations					
Module Code	UISV55-15-3		Level	3	Version	1.1
UWE Credit Rating	15	ECTS Credit Rating	7.5	WBL module?	No	
Owning Faculty	Hartpury		Field	Sport Science		
Department	Sport		Module Type	Standard		
Contributes towards	BSc (Hons) Sport and Exercise Nutrition BSc (Hons) Sport and Exercise Nutrition (SW) BSc (Hons) Sport and Exercise Sciences BSc (Hons) Sport and Exercise Sciences (SW) BSc (Hons) Sports Conditioning and Injury Management BSc (Hons) Sports Conditioning and Injury Management (SW) BSc (Hons) Sport Performance BSc (Hons) Sports Studies (Top-Up) BSc (Hons) Strength and Conditioning BSc (Hons) Strength and Conditioning (SW)					
Pre-requisites	None		Co- requisites	None		
Excluded Combinations	None		Module Entry requirements	None		
Valid From	01 September 2016		Valid to	01 September 2021		

CAP Approval Date	12 January 2015
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Part 2: Learning and Teaching	
Learning Outcomes	On successful completion of this module students will be able to: <ol style="list-style-type: none"> 1. Identify and justify special populations in need of exercise treatment. (A) 2. Demonstrate a detailed knowledge of the contraindications to exercise and apply to a range of special populations. (A) 3. Critically appraise exercise prescription for special populations. (A) 4. Design and evaluate exercise programmes for special populations based on a systematic understanding of the relevant literature. (A)
Syllabus Outline	<ul style="list-style-type: none"> • Principles of training • Special populations in need of exercise prescription

	<ul style="list-style-type: none"> • Benefits of exercise prescription • Exercise prescription for special populations • Assessment of risk factors associated with special populations • Practical application of exercise programmes 																									
Contact Hours	<p>Indicative delivery modes:</p> <table> <tr> <td>• Lectures, guided learning, seminars etc.</td> <td>33</td> </tr> <tr> <td>• Self directed learning</td> <td>3</td> </tr> <tr> <td>• Independent learning</td> <td>114</td> </tr> <tr> <td>TOTAL</td> <td>150</td> </tr> </table>	• Lectures, guided learning, seminars etc.	33	• Self directed learning	3	• Independent learning	114	TOTAL	150																	
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Teaching and Learning Methods	<p>Students will engage with the module leader to establish clear aims and objectives for this module which will be programme relevant. Module delivery will be via interactive lead lectures including group work. In addition, practical sessions will follow lead lectures so that theory can be placed into a practical context. Further tutorial interviews and tasks will prepare students for lectures and practicals.</p> <p>Scheduled learning May include lectures, practical sessions, tutorials, guest speakers and off-site visits.</p> <p>Independent learning Includes hours engaged with essential reading, case study preparation, assignment preparation and completion etc. These sessions constitute an average time per level as indicated in the table below. Scheduled sessions may vary slightly depending on the module choices you make.</p> <p>Virtual Learning Environment (VLE) This module is supported by a VLE where students will be able to find all necessary module information. Direct links to information sources will also be provided from within the VLE.</p>																									
Key Information Sets Information	<p>Key Information Sets (KIS) are produced at programme level for all programmes that this module contributes to, which is a requirement set by HESA/HEFCE. KIS are comparable sets of standardised information about undergraduate courses allowing prospective students to compare and contrast between programmes they are interested in applying for.</p> <table border="1"> <thead> <tr> <th colspan="5">Key Information Set - Module data</th> </tr> </thead> <tbody> <tr> <td colspan="5">Number of credits for this module</td> </tr> <tr> <td colspan="4"></td> <td>15</td> </tr> <tr> <th>Hours to be allocated</th> <th>Scheduled learning and teaching study hours</th> <th>Independent study hours</th> <th>Placement study hours</th> <th>Allocated Hours</th> </tr> <tr> <td>150</td> <td>36</td> <td>114</td> <td>0</td> <td>150</td> </tr> </tbody> </table> <p>The table below indicates as a percentage the total assessment of the module which constitutes a -</p> <p>Written Exam: Unseen written exam, open book written exam, In-class test Coursework: Written assignment or essay, report, dissertation, portfolio, project Practical Exam: Oral Assessment and/or presentation, practical skills assessment, practical exam</p> <p>Please note that this is the total of various types of assessment and will not necessarily reflect the component and module weightings in the Assessment section of this module description:</p>	Key Information Set - Module data					Number of credits for this module									15	Hours to be allocated	Scheduled learning and teaching study hours	Independent study hours	Placement study hours	Allocated Hours	150	36	114	0	150
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Reading Strategy	<p>Essential readings It is essential that students read one of the many texts on research methods available through the Library. Module guides will also reflect the range of reading to be carried out.</p> <p>Further readings Students are expected to identify all other reading relevant to their chosen research topic for themselves. They will be encouraged to read widely using the library search, a variety of bibliographic and full text databases, and Internet resources. Many resources can be accessed remotely.</p> <p>Access and skills The development of literature searching skills is supported by a Library seminar provided within the first semester. These level three skills will build upon skills gained by the student whilst studying at levels one and two. Additional support is available through the Library Services web pages, including interactive tutorials on finding books and journals, evaluating information and referencing. Sign-up workshops are also offered by the Library.</p>																									
Indicative Reading List	<p>The following list is offered to provide validation panels/accrediting bodies with an indication of the type and level of information students may be expected to consult. As such, its currency may wane during the life span of the module specification. However, as indicated above, CURRENT advice on readings will be available via other more frequently updated mechanisms, including the module guide.</p> <p>Books</p> <p>ACSM. (Current Edition) <i>Resource Manual for Guidelines for Exercise Testing and Exercise Prescription</i>. Baltimore, USA: Williams and Wilkins.</p> <p>ACSM. (Current Edition) <i>Guidelines for Exercise Testing and Prescription</i>. Illinois, USA: Human Kinetics.</p> <p>ACSM. (Current Edition) <i>Exercise Management for Persons with Chronic Diseases and Disabilities</i>. Illinois, USA: Human Kinetics.</p> <p>ACSM. (Current Edition) <i>Resources for the Personal Trainer</i>. Baltimore, USA: ACSM.</p> <p>Ehrman, J.K., Gordon, P.M., Visich, P.S. and Keteyian, S.J. (Current Edition) <i>Clinical Exercise Physiology</i>. Champaign, IL, USA: Human Kinetics.</p> <p>Journals</p> <p>Medicine and Science in Sport and Exercise</p> <p>Journal of Physical Activity and Health</p> <p>Scandinavian Journal of Medicine and Science in Sports</p> <p>Websites</p> <p>World Health Organisation www.who.int/</p> <p>Department of Health www.gov.uk/government/organisations/department-of-health</p>																									

Part 3: Assessment

Assessment Strategy

The open book examination will be based on a case study and students will be able to take up to 12 A4 pages of notes in to the examination. The open book examination will determine the student's ability to critically appraise the literature surrounding exercise prescription for a specific population.

In line with the College's commitment to facilitating equal opportunities, a student may apply for alternative means of assessment if appropriate. Each application will be considered on an individual basis taking into account learning and assessment needs. For further information regarding this please refer to the VLE.

Identify final assessment component and element	Open Book Examination	
% weighting between components A and B (Standard modules only)	A:	B:
	100%	0%
First Sit		
Component A (controlled conditions) Description of each element	Element weighting	
1. Open Book Examination (2.5 hours)	100%	
Resit (further attendance at taught classes is not required)		
Component A (controlled conditions) Description of each element	Element weighting	
1. Open Book Examination (2.5 hours)	100%	
<p>If a student is permitted a retake of the module under the University Regulations and Procedures, the assessment will be that indicated by the Module Description at the time that retake commences.</p>		