



## MODULE SPECIFICATION

Part 1: Information			
<b>Module Title</b>	Foundations of Exercise Prescription		
<b>Module Code</b>	UZYKG6-30-1	<b>Level</b>	4
<b>For implementation from</b>	September 2021		
<b>UWE Credit Rating</b>	30	<b>ECTS Credit Rating</b>	15
<b>Faculty</b>	Health and Applied Sciences	<b>Field</b>	Allied Health Professions
<b>Department</b>	Allied Health Professions		
<b>Contributes towards</b>	BSc (Hons) Sport Rehabilitation- Compulsory Module		
<b>Module type:</b>	Standard		
<b>Pre-requisites</b>	None		
<b>Excluded Combinations</b>	None		
<b>Co- requisites</b>	None		
<b>Module Entry requirements</b>	None		

Part 2: Description
<p>This module will introduce the student to the foundations of exercise prescription, through a range of lectures, seminars and practical classes and workshops.</p> <p>The syllabus will typically cover:</p> <p><b>Exercise</b>            Types of exercise (e.g. prevention, therapeutic, conditioning, social)            Biopsychosocial benefits of exercise for specific populations (e.g. children, adults, older adults, elite athletes)            Goal setting, motivation, adherence            Principles of prescription (to include risk assessment and incident reporting) for individual and group exercise            Components of fitness (what is it, how is it assessed, exercises to improve):</p> <ul style="list-style-type: none"> <li>• Cardiovascular fitness</li> <li>• Balance and proprioception</li> <li>• Flexibility</li> <li>• Strength</li> </ul> <p><b>Biomechanics</b>            Mechanics of movement to include:</p> <ul style="list-style-type: none"> <li>• Cardinal planes and axes</li> <li>• Torque</li> <li>• Levers</li> </ul>

- Stress/strain and soft tissue mechanics (e.g. viscoelasticity)
- Muscle range (e.g. optimal length, active and passive tension)
- Group action of muscles (e.g. neutralisers, stabilisers)
- Length-tension relationships

#### Movement analysis for functional and sporting activities

- Integration of the mechanical principles to analyse: gait, running, sit to stand, jumping, gripping, reaching, throwing
- Identification of abnormal movement with subsequent exercise prescription
- Use of biomechanical principles to justify progressions/regression of exercises prescribed

Generic Graduate Skill	Specific strand (eg presentation) - Optional	Introduced	Developed	Evidenced
1. Communication		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Professionalism		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Critical Thinking		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Digital Fluency		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Innovative and Enterprising		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Forward Looking		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Emotional Intelligence		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Globally Engaged		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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### Part 3: Assessment

**Component A:** Maximum 45 minute Structured Oral Practical Exam (SOPE) at the end of semester 2.

This approach will enable assessment of systematic movement analysis and the application of this in selecting and teaching appropriate exercises. It will also allow assessment of the learning outcomes related to practical skills. The SOPE will include questions to assess the students' movement analysis skills (based on video clips of movements used within the module) and require students to systematically analyse the movement, describe the dysfunction and prescribe justified exercises to target the dysfunction.

**Component B:** 2000 word case report at the end of semester 1.

A written case report will allow in depth assessment of a specific aspect of exercise prescription and allow the development of technical writing in preparation for level 2. Students will be assigned a case study relating to a specific aspect of fitness (e.g. cardiovascular, balance and proprioception, strength, flexibility) and will present a written report of an exercise regimen for a given patient/client. This will be based on a proforma provided, which is similar to those used in practice, and will include justification for the inclusion of each exercise using theory and relevant sources.


#### Formative Assessment

Students will be provided with feedback during practical classes and seminar discussions and activities throughout the module, in addition to a module workbook.

Identify final timetabled piece of assessment (component and element)	Component A	
% weighting between components A and B (Standard modules only)	<b>A:</b>	<b>B:</b>
	<b>50%</b>	<b>50%</b>

**First Sit**

<b>Component A (controlled conditions)</b> <b>Description of each element</b>		<b>Element weighting</b> <b>(as % of component)</b>
1. Structured Oral Practical Exam (SOPE)- Maximum 45 minutes		100%
<b>Component B</b> <b>Description of each element</b>		<b>Element weighting</b> <b>(as % of component)</b>
1. Case Report- 2000 words		100%
<b>Resit (further attendance at taught classes is not required)</b>		
<b>Component A (controlled conditions)</b> <b>Description of each element</b>		<b>Element weighting</b> <b>(as % of component)</b>
1. Structured Oral Practical Exam (SOPE)- Maximum 45 minutes		100%
<b>Component B</b> <b>Description of each element</b>		<b>Element weighting</b> <b>(as % of component)</b>
1. Case Report- 2000 words		100%
<b>Part 4: Learning Outcomes &amp; KIS Data</b>		
<b>Learning Outcomes</b>	<p>On successful completion of this module students will be able to:</p> <ul style="list-style-type: none"> <li>• Demonstrate knowledge and understanding of the physiological responses of the nervous, musculoskeletal, cardiovascular and respiratory systems in response to exercise, and recovery from exercise. (Components A and B)</li> <li>• Analyse and discuss basic functional (and sporting) human movement and compare variations in human movement using biomechanical principles. (Components A and B)</li> <li>• Demonstrate skills in writing, organising, delivering, managing and monitoring an exercise programme in healthy populations ensuring personal, peer and service user safety. (Components A and B)</li> <li>• Prescribe an exercise programme to address variations from efficient human movement or improve a component of health and fitness. (Components A and B)</li> <li>• Recognise the benefits of activity in the maintenance of health within a biopsychosocial model and state the recommended levels of activity to maintain health across a variety of age ranges. (Components A and B)</li> <li>• Outline factors affecting motivation and adherence to adopting an exercise regimen and active lifestyle and identify methods to increase motivation and adherence. (Components A and B)</li> </ul>	
<b>Key Information Sets Information (KIS)</b>		
<b>Contact Hours</b>		

<b>Total Assessment</b>	<b>Key Information Set - Module data</b>																								
	Number of credits for this module					30																			
	Hours to be allocated	Scheduled learning and teaching study hours	Independent study hours	Placement study hours	Allocated Hours																				
	300	96	204	0	300																				
	The table below indicates as a percentage the total assessment of the module which constitutes a;																								
<p><b>Written Exam:</b> Unseen or open book written exam  <b>Coursework:</b> Written assignment or essay, report, dissertation, portfolio, project or in class test  <b>Practical Exam:</b> Oral Assessment and/or presentation, practical skills assessment, practical exam (i.e. an exam determining mastery of a technique)</p>																									
<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td colspan="2">Total assessment of the module:</td> <td></td> <td></td> </tr> <tr> <td>Written exam assessment percentage</td> <td></td> <td style="text-align: center;">0%</td> <td></td> </tr> <tr> <td>Coursework assessment percentage</td> <td></td> <td style="text-align: center;">50%</td> <td></td> </tr> <tr> <td>Practical exam assessment percentage</td> <td></td> <td style="text-align: center;">50%</td> <td></td> </tr> <tr> <td></td> <td></td> <td style="text-align: center;">100%</td> <td></td> </tr> </table>						Total assessment of the module:				Written exam assessment percentage		0%		Coursework assessment percentage		50%		Practical exam assessment percentage		50%				100%	
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<b>Reading List</b>	<a href="#"><i>Foundations of Exercise Prescription Reading List</i></a>																								

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<b>First Approval Date (and panel type)</b>	<i>Date of first {panel} approval</i>			
<b>Revision ASQC Approval Date</b> <i>Update this row each time a change goes to ASQC</i>		<b>Version</b>	1	<i>Link to RIA</i>