Module Specification

Foundations of Exercise Prescription

Version: 2023-24, v2.0, 22 Feb 2023

Contents

Part 1: Information

Module title: Foundations of Exercise Prescription

Module code: UZYKG6-30-1

Level: Level 4

For implementation from: 2023-24

UWE credit rating: 30

ECTS credit rating: 15

Faculty: Faculty of Health & Applied Sciences

Department: HAS School of Health and Social Wellbeing

Partner institutions: None

Field: Allied Health Professions

Module type: Module

Pre-requisites: None

Excluded combinations: None

Co-requisites: None

Continuing professional development: Yes

Professional, statutory or regulatory body requirements: None

Part 2: Description

Overview: Not applicable

Features: Not applicable

Educational aims: This module will introduce the student to the foundations of exercise prescription.

Outline syllabus: The syllabus will typically cover:

Exercise

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):

Cardiovascular fitness

Balance and proprioception

Flexibility

Strength

Biomechanics

Mechanics of movement to include:

Cardinal planes and axes

Torque

Levers

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

Part 3: Teaching and learning methods

Teaching and learning methods: This module will be delivered through a range of lectures, seminars and practical classes and workshops.

Module Learning outcomes: On successful completion of this module students will achieve the following learning outcomes.

MO1 Demonstrate knowledge and understanding of the physiological responses of the nervous, musculoskeletal, cardiovascular and respiratory systems in response to exercise, and recovery from exercise.

MO2 Analyse and discuss basic functional (and sporting) human movement and compare variations in human movement using biomechanical principles.

MO3 Demonstrate skills in writing, organising, delivering, managing and monitoring an exercise programme in healthy populations ensuring personal, peer and service user safety.

MO4 Prescribe an exercise programme to address variations from efficient human movement or improve a component of health and fitness.

MO5 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.

MO6 Outline factors affecting motivation and adherence to adopting an exercise regimen and active lifestyle and identify methods to increase motivation and adherence

Hours to be allocated: 300

Contact hours:

Independent study/self-guided study = 204 hours

Face-to-face learning = 96 hours

Total = 300

Reading list: The reading list for this module can be accessed at readinglists.uwe.ac.uk via the following link https://rl.talis.com/3/uwe/lists/C04FA787-C14E-E98A-54A2-0A547410BC90.html?lang=en-GB&login=1

Part 4: Assessment

Assessment strategy: This module has two assessment tasks; a structured oral practical exam (SOPE) and a written case report.

Structured Oral Practical Exam (SOPE) - maximum 45 minutes, 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.

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 5. 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.

Assessment tasks:

Practical Skills Assessment (First Sit)
Description: Structured Oral Practical Exam (SOPE)- Maximum 45 minutes
Weighting: 50 %
Final assessment: Yes
Group work: No
Learning outcomes tested: MO1, MO2, MO3, MO4, MO5, MO6

Report (First Sit)
Description: Case Report- 2000 words
Weighting: 50 %
Final assessment: No
Group work: No
Learning outcomes tested: MO1, MO2, MO3, MO4, MO5, MO6

Practical Skills Assessment (Resit)
Description: Structured Oral Practical Exam (SOPE)- Maximum 45 minutes
Weighting: 50 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5, MO6

Report (Resit)

Description: Case Report- 2000 words

Weighting: 50 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5, MO6

Part 5: Contributes towards

This module contributes towards the following programmes of study:

Sport Rehabilitation [Glenside] BSc (Hons) 2023-24