



Module Specification

Supporting Healthy Lifestyles with Physical Activity

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Part 1: Information

Module title: Supporting Healthy Lifestyles with Physical Activity

Module code: UZYKFY-30-2

Level: Level 5

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: No

Professional, statutory or regulatory body requirements: None

Part 2: Description

Overview: Not applicable

Features: Not applicable

Educational aims: This module will introduce you to the benefits of physical activity and exercise to sustain a healthy lifestyle at an individual and population level.

Outline syllabus: In this module you will examine the factors that may facilitate and or hinder people leading and maintaining a healthy lifestyle. Students will also

discuss initiatives that have been used to encourage and promote physical activity and enhance wellbeing in society.

This module highlights and considers global trends and practices on the promotion of physical activity to improve and maintain health.

You will identify the impact that obesity, inactivity and an aging population has on health and review the evidence about the preventative effects physical activity and exercise has on comorbidities and mortality. This module will also explore the strategies used to making people healthy and considers how this may accommodate different groups.

Part 3: Teaching and learning methods

Teaching and learning methods: A combination of scheduled learning and teaching and independent study as detailed in Part 4.

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

MO1 Demonstrate knowledge and critical understanding of the benefits of physical activity / exercise in supporting healthy lifestyles and well-being of the individual and society.

MO2 Demonstrate the ability to describe in the facilitators and barriers to people and society leading more active and healthy lifestyles, in detail.

MO3 Critically evaluate the evidence of key activities and initiatives used to increase physical activity for the individual and society.

MO4 Describe the skills and attributes that a sport rehabilitator to encourage and promote health and wellbeing for people and society.

Hours to be allocated: 300

Contact hours:

Independent study/self-guided study = 228 hours

Face-to-face learning = 72 hours

Total = 300

Reading list: The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://rl.talis.com/3/uwe/lists/D81F9114-A27C-854D-045B-B0BC770F72C2.html?lang=en-US&login=1) via the following link <https://rl.talis.com/3/uwe/lists/D81F9114-A27C-854D-045B-B0BC770F72C2.html?lang=en-US&login=1>

Part 4: Assessment

Assessment strategy: Summative Assessment: 30 minute Poster Presentation (20 minutes presentation + 10 minutes questioning)

The poster presentation will allow the students to justify their role as a sport rehabilitator by using an evidence-based strategy to facilitate and over-come known barriers to promoting and sustaining physical activity and exercise in a selected group covered in this module. The student should show an awareness as to why preventative health strategies are not always successful.

Rationale:

This mode of assessment will allow the student to demonstrate a detailed understanding about current evidence to justify the preventative role of physical activity and exercise for the selected condition.

Formative Assessment:

Formative feedback opportunities will be available during taught sessions and via support for assessment preparation.

Assessment tasks:

Poster (First Sit)

Description: Poster presentation.

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4

Poster (Resit)

Description: Poster presentation.

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4

Part 5: Contributes towards

This module contributes towards the following programmes of study:

Sport Rehabilitation [Glenside] BSc (Hons) 2022-23