



Module Specification

Exercise Prescription for Special Populations

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Part 1: Information

Module title: Exercise Prescription for Special Populations

Module code: UZYKG9-15-3

Level: Level 6

For implementation from: 2023-24

UWE credit rating: 15

ECTS credit rating: 7.5

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 advance your knowledge and understanding of the benefits of exercise and physical activity applied to special population groups. It is aimed at giving you an insight into the potent effect that leading a physically active lifestyle can have on health. This is a developing scope of

practice for graduate sport rehabilitators and offers an opportunity for you to consider the impact that you can have on global health and care priorities.

In this module you will examine the role of exercise in the management of people with selected medical conditions and outline the exercise referral process in the UK.

Outline syllabus: You will cover: selected medical conditions recognised in the exercise referral pathway in the UK, exercise testing and exercise prescription for these selected conditions.

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 Apply appropriate skills and techniques in the physiological assessment of patients with selected controlled medical conditions in the context of exercise referral.

MO2 Evaluate the current evidence available to provide a critique of the reliability and validity of selected clinical exercise testing.

MO3 Applies the underpinning knowledge required to plan, design, adapt and review a scientific exercise prescription for selected controlled medical conditions.

MO4 Demonstrate a critical awareness of the dose response issues related to exercise prescription in selected controlled medical conditions.

Hours to be allocated: 150

Contact hours:

Independent study/self-guided study = 114 hours

Face-to-face learning = 36 hours

Total = 150

Reading list: The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://rl.talis.com/3/uwe/lists/EC037417-3711-1C8E-70D2-B9E82765EBE5.html?lang=en-US&login=1) via the following link <https://rl.talis.com/3/uwe/lists/EC037417-3711-1C8E-70D2-B9E82765EBE5.html?lang=en-US&login=1>

Part 4: Assessment

Assessment strategy: Summative Assessment:

20 minute defended poster presentation, to include critical questioning

This module is assessed by students presenting and fielding questions about their approach to the assessment and management of a case study. This will be done in the format of a 10 minute poster presentation with 10 minutes of critical questioning. The case study will be based on a selected control medical condition.

Rationale:

This poster presentation provides students with the opportunity to articulate and defend their clinical reasoning from complex clients, which is a required skill in practice.

Formative Assessment:

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

Assessment tasks:

Poster (First Sit)

Description: Defended poster presentation.

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4

Poster (Resit)

Description: Defended 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 [Sep][FT][Glenside][3yrs] BSc (Hons) 2021-22