Module Specification

Exercise and Rehabilitation for Special Populations

Version: 2023-24, v2.0, 25 Jul 2023

Contents

Part 1: Information

Module title: Exercise and Rehabilitation for Special Populations

Module code: UZYS1J-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: Motor Control and Learning 2023-24

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: See Learning Outcomes

Outline syllabus: Controlled medical conditions
The following is a list of examples which may be included:
Cardiometabolic conditions (CHD, diabetes, obesity, hypertension)

Cancer
Mental Health
Amputees
Neurological conditions (stroke, CP)
Pregnancy

Clinical Exercise Testing:
The following is a list of examples which may be included:
Risk stratification for exercise referral
Aerobic capacity (cycle ergometer, Rockport)
Anthropometry (Body mass index, waist to hip ratio)
Balance

Exercise Prescription:
Does response issues
Plan, design, adapt and review individual and group exercise

Part 3: Teaching and learning methods

Teaching and learning methods: Scheduled learning includes lectures, practical skills, seminars sessions.

Lectures provide an introduction and summary of the topic area. Practical sessions allow the students to develop observational and assessment skills in a clinical and functional movement context. Seminars/group work include discussion and use of information provided to support learning. Workshops will be carried out during the module which will be used to evidence the students ability to carry out the following content:

Role play will be used to develop skills to establish a rapport with patients, explore the role of empathy, handle confidential information and develop goals for exercise referral patients

Carry out, analyse, report on and critique appropriate exercise testing to evaluate a clients' aerobic capacity and anthropometry.

Additionally, students are expected to engage in self study using the resources available on blackboard. A major part of their study time is taken up by preparation for teaching sessions and for the placement experience Independent learning includes hours engaged with essential reading, coursework preparation linking with the management approach selected for review. Use of practical experience gleaned whilst on placements will also be required to support discussion during the module.

Contact Hours: Up to 36 contact hours to usually include up to 1 hours theory lecture and 2 hour of practical /seminar/group work per week during semester 1.

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

MO1 Demonstrate a systematic understanding about the exercise referral pathway for selected controlled medical conditions in the UK

MO2 Able to apply appropriate skills and techniques in the physiological assessment of patients with selected controlled medical conditions in the context of exercise referral.

MO3 Evaluate the current evidence available to provide a critique of the reliability and validity of selected clinical exercise testing.

MO4 Applies the underpinning knowledge required to plan, design, adapt and review a scientific exercise prescription for selected controlled medical conditions.

MO5 Demonstrate a critical awareness of the dose response issues related to exercise prescription in selected controlled medical conditions

MO6 Evidence a clear understanding about the role of a graduate sport rehabilitator and exercise referral.

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 via the following link https://uwe.rl.talis.com/modules/uzys1j-15-3.html

Part 4: Assessment

Assessment strategy: This module is best 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 20 minute poster presentation. The case study will be based on a selected control medical condition.
This method of assessment will build on the skills students displayed in the year 2 module Sports Performance Enhancement and Nutrition.

Assessment tasks:

Presentation (First Sit)
Description: Case study presentation - 20 minutes
Weighting: 100 %
Final assessment: Yes
Group work: No
Learning outcomes tested: MO1, MO2, MO3, MO4, MO5, MO6

Presentation (Resit)
Description: Case study presentation - 20 minutes
Weighting: 100 %
Final assessment: Yes
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 [Sep][FT][Glenside][3yrs] - Withdrawn BSc (Hons) 2021-22