

MODULE DESCRIPTOR

MODULE TITLE	EXERCISE REFERRAL		
MODULE CODE	XS3200	CREDIT VALUE	20 UK / 10 ECTS
SCHOOL	SCHOOL OF SCIENCE		

MODULE AIMS

This module aims to develop your ability to identify suitable exercise referral programmes for the treatment of several conditions and diseases. Specific aims are to develop your ability to translate the scientific literature into safe, effective and enjoyable exercise referral programmes. You will undertake clinical health and performance tests, initially observe and participate and then teach exercise referral classes under the supervision of experienced instructors.

For students who possess a REPS Level 2 qualification this module has been aligned to meet the skills, knowledge and competencies needed for REPS Level 3 Exercise Referral.

MODULE CONTENT

Content will typically include but not limited to:

Key definitions and concepts relating to exercise, health and fitness

Wider health professional involvement (NHS, medical authorities, NQAF guidelines)

Aetiology and Pathology of common conditions (CHD, Rheumatoid and Osteo-Arthritis Respiratory disease, Diabetes, Obesity, Mental Health)

Exercise contra-indications (eg. Symptoms, warning signs, risk factors)

Exercise limitations and requirements in special populations Obesity, hypertension, diabetes)

Exercise and the Older Adult

Pharmacology for referable medical conditions

Developing and maintaining motivation & individually based behaviour strategies

Developing and managing safe, effective and enjoyable exercise referral programmes

Plan and deliver safe, effective and enjoyable exercise sessions for special population groups (HeartBeat)

INTENDED LEARNING OUTCOMES

On successful completion of this module a student will be able to:

1. Understand pathology of medical conditions and plan progressive exercise referral programmes based on current accepted practice.
2. Critically evaluate exercise referral based on current accepted practice.
3. Plan and deliver individualised exercise referral sessions that are safe, effective and enjoyable.

TEACHING METHODS

This module will be taught through a series of lectures supported by lab-based and exercise related practical sessions. The lectures will address key pathologies and common conditions requiring exercise referral and current concepts and literature.

The case study is designed to assess competence in the analysis of specific pathologies and to demonstrate knowledge of current theories, concepts and literature.

Practical sessions are designed to develop an awareness and understanding relating to a variety of common referral conditions, and to develop competencies in health assessment and exercise prescription. As a result, students should be able observe, plan and lead safe, effective and enjoyable exercise referral sessions.

To facilitate the achievement of the learning outcomes listed, students will need to take a pro-active role in their own learning. Students will be expected to work on their own initiative in the development of appropriate skills, taking a critical appreciation of their progress. eLearn resources will be utilised to support student learning.

ASSESSMENT METHODS

This module is assessed through a Written Case Study (40%) and a Critique, Planning & Delivery of a practical component of an exercise referral class (60%).