

## MODULE DESCRIPTOR

<b>MODULE TITLE</b>	PLANNING AND INSTRUCTING EXERCISE FOR HEALTH AND FITNESS		
<b>MODULE CODE</b>	XS1205 (L4)	<b>CREDIT VALUE</b>	20 UK CREDITS / 10 ECTS
<b>SCHOOL</b>	SCHOOL OF SCIENCES		

### MODULE AIMS

The aims of the module are to:

Provide students with an underpinning knowledge of the relevant aspects of anatomy & physiology and the principles of training necessary to lead an effective and safe gym-based exercise session. Provide students with the skills needed to work effectively and professionally with a range of clients, through the use of relevant advice, goals setting, data collection and monitoring. Facilitate student achievement of REPS Level 2 Certificate in Gym Instructing through additional external assessment. This module is also designed so that students can apply to be on the Register of Exercise Professionals (REPS).

### MODULE CONTENT

Indicative syllabus content:

#### Specific Anatomy & Physiology in Exercise

- Structure & function of circulatory, respiratory & musculoskeletal system
- Structure & function of the skeleton & muscular system incl. life course & special populations
- Energy & Nervous systems & their relation to exercise and health

#### Health Safety & Welfare in a Fitness Environment

- Health & Safety requirements & emergency procedures in a fitness environment
- Controlling risk in a fitness environment
- Safeguarding children & vulnerable adults

#### Know how to support clients who take part in physical activity

- Forming effective working relationships with clients
- Addressing Barriers and helping clients adhere to physical activity
- Providing on-going customer service to client

#### Principles of Exercise, Fitness & Health

- The effects of exercise on health and the body
- Key components of health and fitness
- Application of principles and variables of fitness to an exercise programme
- Contraindications to exercise & safety guidelines for identified special populations
- Methods of monitoring exercise intensity
- Healthy Eating and Health benefits of physical activity

#### Plan Gym-based Exercise

- Collecting & using client information to plan gym-based exercise for health and fitness
- Planning safe & effective gym-based exercise for health and fitness

#### Instructing gym-based Exercise

- How to provide safe and effective gym-based exercise
- Prepare clients, self & equipment to provide gym-based exercise
- Instruct & supervise gym-based exercise for health and fitness.
- Support clients undertaking gym-based exercise

#### Conclude & reflect upon gym-based sessions

Reflection skills and client feedback

### INTENDED LEARNING OUTCOMES

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

1. Relate gym-based exercises to relevant underpinning anatomical and physiological theory
2. Plan, lead and instruct appropriate an effective gym-based exercise sessions within a safe environment.

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3. Collect and interpret relevant client information and use this information to design and monitor an appropriate training programme
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## TEACHING METHODS

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The module will utilise a mixture of theory and practical-based sessions, with theory sessions underpinning and informing the practical delivery. Students will also receive support through material produced on e-learn. The practical assessment for this module allows students to demonstrate that they have understood the practical-based content and are able to apply it competently and safely. Students will have the opportunity to work towards the practical assessment within the sessions and through a mock example. The case study provides students with an opportunity to show greater understanding of the current underpinning theory behind exercise planning. Practical sessions involving working with individual clients and small groups within the gym setting will form a key part of the teaching and learning strategy for the module. This will allow the development of interpersonal instruction skills in order to be able to apply theory in a challenging context. 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 as well as session planning and practise. In order to achieve the REPS Level 2 Certificate in Gym Instructing, students will be required to sit 2 external MCQ tests and complete a Learner Assessment Portfolio.

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## ASSESSMENT METHODS

This module is assessed through a practical exam and a case study.