University Logo


# Module Descriptor

# Definitive Document

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| **Module Code** | PHYC06 |
| **Version** | (completed by QASU) |
| **Module Title** | Principles of Activity and Exercise |
| **Credits** | 20 |
| **Valid From** | (completed by QASU) |
| **Status** | Select |
| **Subject Board** | (completed by QASU) |
| **HECoS Code** | 100252 – Physiotherapy |
| **Academic Level (FHEQ)** | 4 |
| **Study Period** | **B** |
| **Prerequisites and co-requisites** | None |
| **Not available to students taking/having taken** | N/A |

This module aims to enable students to conduct a comprehensive assessment in physical fitness, and to formulate and justify an appropriate exercise plan.

# Content (Indicative)

* Understanding of exercise prescription exercise physiology
* Assessment of physical fitness
* Planning and implementation of a physical activity and exercise plan
* Public Health
* Equity and diversity
* Application of health improvement
* Current Government policy in relation to health improvement and promotion
* Roles of physiotherapists in the context of health promotion and improvement

# Teaching and Learning Experience

* Blended Learning
* Independent Learning
* Lectures
* Practical sessions
* Seminars
* Tutorials
* Workshop

# Module Learning Outcomes (MLOs)

On successful completion of this module students will be able to:

1. Demonstrate understanding in the theory of therapeutic exercise and physical activity and the role of physiotherapists in such field.
2. Identify appropriate individualised assessments and intervention of physical activity and exercise with an evidence-based approach.
3. Undertake appropriate individualised assessments and intervention of physical activity and exercise
4. Identify the principles and concepts of health promotion and improvement.

## Assessment

| **Assessment task** | **Load** | **Weighting** | **Learning Outcomes assessed** |
| --- | --- | --- | --- |
| Practical examination | up to 2500 words  (or equivalent) | 50% | 2, 3 |
| Report | up to 2500 words | 50% | 1,4 |

\*All assessment tasks must be passed in order to pass the module.

# Indicative reading (APA 7th edition referenced)

American College of Sports Medicine (2017). *ACSM's health-related physical fitness assessment manual* (10th ed.). Wolters Kluwer Health/Lippincott Williams & Wilkins.

Dugdill, L., Crone, D., & Murphy, R. (2009). *Physical activity and health promotion : evidence-based approaches to practice* (1st ed.). Wiley-Blackwell.

McArdle, W. D., Katch, F. I., & Katch, V. L. (2014). *Exercise Physiology: Nutrition, Energy, and Human Performance* (8th ed.). Lippincott Williams and Wilkins.

Naidoo, J., & Wills, J. M. (2010). *Developing practice for public health and health promotion* (3rd ed.). Baillière Tindall.

Sarafino, E. P. (2012). *Health psychology : biopsychosocial interactions* (7th ed.). Wiley.

Scriven, A., & Ewles, L. P. h. (2010). *Promoting health : a practical guide* (6th ed.). Baillie\0300re Tindall.

**Journals**

[Physiotherapy](https://www.physiotherapyjournal.com/)

[Journal of Physiotherapy](https://www.sciencedirect.com/journal/australian-journal-of-physiotherapy)

[Physical Therapy & Rehabilitation Journal](https://academic.oup.com/ptj)

**Websites**

<https://www.cochranelibrary.com/>

<https://www.acsm.org/>

<https://www.bases.org.uk>