Prifysgol Wrecsam
Wrexham University

Module specification

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Module Code	SES606
Module Title	Exercise Prescription for Clinical Populations
Level	6
Credit value	20
Faculty	FLSS
HECoS Code	100433
Cost Code	GASP
Pre-requisite module	N/A

Programmes in which module to be offered

Programme title	Core/Optional/Standalone
BSc (Hons) Sport & Exercise Science	Core

Breakdown of module hours

Learning and teaching hours	18 hrs
Placement tutor support hours	0 hrs
Supervised learning hours e.g. practical classes, workshops	6 hrs
Project supervision hours	0 hrs
Active learning and teaching hours total	**24** hrs
Placement hours	0 hrs
Guided independent study hours	176 hrs
Module duration (Total hours)	**200** hrs

Module aims

- To evaluate the potential causes and influences of certain medical conditions
- To understand the pathophysiology of certain medical conditions
- To enhance critical evaluation of research literature skills
- To develop practical exercise instruction skills

Module Learning Outcomes

At the end of this module, students will be able to:

1	Compose an exercise campaign that is evidenced based
2	Evaluate the potential causes/influences of a specified medical condition
3	Determine the pathophysiological development of disease
4	Defend the justification for a selected exercise campaign
5	Plan an exercise session aimed at individuals with a specified medical condition
6	Demonstrate practical instruction of a selected exercise session

Assessment

Indicative Assessment Tasks:
This section outlines the type of assessment task the student will be expected to complete as part of the module. More details will be made available in the relevant academic year module handbook.

Coursework - Students will create an infographic that will advertise their exercise campaign aimed at individuals with a specified medical condition. They will then present the infographic to a group of individuals (1000 words).

Practical - Students will deliver part of their exercise campaign to a group of individuals and will be observed delivering the exercise session (1 hr).

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1 – 4	Coursework	1000 words	60	N/A
2	5 - 6	Practical	1 hour	40	N/A

Derogations

N/A

Learning and Teaching Strategies

A blend of lectures, practicals and workshops are the main learning and teaching strategies employed on this module. In line with the University Active Learning Framework, students will be provided with short, pre-recorded content prior to each session which will outline the focus of the learning for that week.

Welsh Elements

The programmes will be delivered through the medium of English. Students are entitled to submit assessments in the medium of Welsh. If students wish to converse in Welsh, they will be assigned a Welsh speaking personal tutor. Students will be sign posted to relevant opportunities via the VLE and MS Teams page.

Indicative Syllabus Outline

- Social, psycho, cultural and environmental influences of medical conditions
- Sarcopenia pathophysiology, treatment and diagnosis
- Osteoporosis and osteopenia pathophysiology, treatment and diagnosis
- Obesity pathophysiology, treatment and diagnosis
- Pathophysiology of CVD and stroke
- Cardiac rehabilitation
- Exercise prescription for patients with medical conditions

Indicative Bibliography

Please note the essential reads and other indicative reading are subject to annual review and update.

Essential Reads

Brashers, V. L. (2006). *Clinical Applications of Pathophysiology: An Evidence-Based Approach*. 3rd ed. St Louis, MO: Elsevier.

Other indicative reading

ACPICR: *Association for Chartered Physiotherapists in Cardiac Rehabilitation, ACPICR Standards, Standards for Physical Activity and Exercise in the Cardiovascular Population*. (2023) 4th ed.

BACR: *Standards and Core Components. Standards and Core Components for Cardiovascular Disease Prevention and Rehabilitation*. (2017) 3rd ed.

Khushhal, A. Nichols, S. Ingle, L. (2019). Insufficient exercise intensity for clinical benefit? Monitoring and quantification of a community-based Phase III cardiac rehabilitation programme: A United Kingdom perspective. *PLos ONE*, 14 (6), e0217654.

Cruz-Jentoft, A. J. Bahat, G. Bauer, J. Boirie, Y. Bruyère, O. Cederholm, T. Cooper, C. Landi, F. Rolland, Y. Sayer, A. A. Schneider, S. M. Sieber, C. C. Topinkova, E. Vandewoude, M. Visser, M. Zamboni, M. (2019). Sarcopenia: revised European consensus on definition and diagnosis. *Age and Ageing*, 48(1), pp. 16-31.

Administrative Information

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