

Module specification

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Module Code	SES702
Module Title	Applied Clinical Exercise Training
Level	7
Credit value	20
Faculty	FSLs
HECoS Code	100433
Cost Code	GASP
Pre-requisite module	N/A

Programmes in which module to be offered

Programme title	Core/Optional/Standalone
MSc Sport & Exercise Sciences (Clinical Exercise Science)	Core

Breakdown of module hours

Learning and teaching hours	6 hrs
Placement tutor support hours	1 hrs
Supervised learning hours e.g. practical classes, workshops	0 hrs
Project supervision hours	0 hrs
Active learning and teaching hours total	7 hrs
Placement hours	90 hrs
Guided independent study hours	103 hrs
Module duration (Total hours)	200 hrs

Module aims

- Enable students to apply theoretical knowledge and principles of clinical exercise science in real-world clinical settings.
- Develop practical skills necessary for assessing, planning, and delivering individualized exercise programs for diverse clinical populations.
- Foster effective communication and interpersonal skills to interact professionally with patients, healthcare providers, and multidisciplinary teams.
- Enhance clinical reasoning and decision-making abilities to adapt exercise interventions based on patient assessments and evolving health conditions.

Module Learning Outcomes

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

1	Critically reflect on experience gained in a relevant clinical environment.
2	Successfully complete 90 hours of work placement in a relevant clinical environment.
3	Gather detailed performance feedback from the placement provider.
4	Critically reflect upon performance in a mock interview.

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.

Assessment 1: Students will create a portfolio of evidence which will contain a log of their placement hours signed off by the placement provider, a feedback report from the placement provider, a reflective log and feedback from a mock interview.

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1 - 4	Portfolio	2,500 words	100%	N/A

Derogations

None.

Learning and Teaching Strategies

This module will be delivered through lectures and seminars with the majority of the students time spent on placement in a relevant field. Placement support will be provided with students engaging with their placement tutor.

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. Support can also be made available for Welsh language students via Coleg Cymraeg Cenedlaethol where students can present their research at their conferences through the Welsh Language. Students will be sign posted to relevant opportunities via the VLE and MS Teams page.

Indicative Syllabus Outline

- BASES code of conduct and professional competencies
- CEP UK pathway to accreditation
- Reflective practice
- Working with clinical groups and patients – identifying placements within Cancer, Cardiovascular, Frailty, Kidney, Mental Health, Metabolic, Musculoskeletal, Neurological, Respiratory

Indicative Bibliography

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

Essential Reads:

Academy for Healthcare Sciences (2023). Standards of Proficiency for Healthcare Science Practitioners June 2023. Available from: <https://documents.ahcs.ac.uk/storage/209/-006-Standards-of-Proficiency-for-Healthcare-Science-Practitioners-v1.3-June-2023.pdf>

Other indicative reading:

- CEP-UK. *The Scope of Practice for a UK Clinical Exercise Physiologist*. Available from: https://www.clinicalexercisephysiology.org.uk/_files/ugd/dc94ed_bfda008de9244490832c9df31603be06.pdf [Accessed 21st August 2024].
- Helyer, R. (2021). *Work-Based Learning Student Handbook*. 3rd ed. London: Palgrave Macmillan.

Administrative Information

For office use only	
Initial approval date	20/11/2024
With effect from date	September 2025
Date and details of revision	February 2026: AM1 Modification to change module hours.
Version number	2.0

