

Prifysgol Wreccsam Wrexham University

Module specification

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Module Code	SIR416
Module Title	Physical activity for health
Level	4
Credit value	20
Faculty	SLS
HECoS Code	100475
Cost Code	GACM

Programmes in which module to be offered

BSc (Hons) Sports Injury Rehabilitation	Core
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Pre-requisites

n/a

Breakdown of module hours

Learning and teaching hours	12 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	24 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total active learning and teaching hours	36 hrs
Placement / work based learning	0 hrs
Guided independent study	164 hrs
Module duration (total hours)	200 hrs

For office use only	
Initial approval date	25/6/24
With effect from date	01/09/24
Date and details of revision	
Version number	1

Module aims

1. Introduce the student to public health policies and agendas with consideration of physical activity guidelines.
2. Develop an understanding of the social determinants of health including equity, diversity and inclusion strategies, and how they could influence the role of a Graduate Sports Rehabilitator.
3. Understand the benefits of physical activity in the context of a biopsychosocial model.
4. Develop competent first aid skills for the Graduate Sports Rehabilitator.

Module Learning Outcomes - at the end of this module, students will be able to:

1	Discuss the relationship between physical activity and health, including safety considerations and health-related emergencies.
2	Discuss the benefits of activity for physical and mental health.
3	Identify public health policies, agendas and physical activity guidelines.
4	Explain how social determinants of health could influence their role as a Graduate Sports Rehabilitator.

Assessment

Indicative Assessment Tasks:

Assessment 1: Presentation – 20 minutes - Students will undertake a presentation that will assess their ability to understand physical activity in the context of health and wider public health agendas.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1, 2, 3, 4	Presentation	100

Derogations

Students must pass at 40% or above.



Learning and Teaching Strategies

The module will be delivered using blended learning techniques and the universities Active Learning Framework (ALF). This will include lectures, seminars, peer-led discussions, tutorials, asynchronous tasks and online based quizzes/tasks. Regular feedback will be provided to support the student journey.

Indicative Syllabus Outline

Public health policies and agendas

Physical activity guidelines and exercise prescription for a variety of health conditions and illnesses (e.g. cancer, respiratory, cardiovascular disease, diabetes, obesity, osteoarthritis, osteoporosis).

Social determinants of health

Equity, diversity and inclusion strategies

Benefits of physical activity in the context of a biopsychosocial model

Physical activity for mental health

First aid applications

Emergency action planning

Pre-participation screening

Nutrition

Physical literacy

Indicative Bibliography:

Essential Reads

Stensel, D.J., Hardman, A.E., Gill, J.M.R. (2021), *Physical Activity and Health: The Evidence Explained*. 3rd ed. Routledge.

Other indicative reading

World Health Organization (2024), *Physical activity*. Available from: <https://www.who.int/publications>. [Accessed 13 May, 2024.]

Welsh Government (2024), *Health and Social Care*. Available from: <https://www.gov.wales/health-social-care>. [Accessed 13 May, 2024.]

National Health Service (2024), *Exercise*. Available from: <http://www.nhs.uk/Livewell/fitness/Pages/Activelifestyle.aspx>. [Accessed 13 May, 2024.]

Employability – The University Skills Framework

Each module and degree programme are designed to support learners as they develop their graduate skills aligned to the University Skills Framework.



Using the philosophies of the Active Learning Framework (ALF) our 10 skills are embedded within programmes complementing core academic subject knowledge and understanding. Through continuous self-assessment students own their individual skills journey and enhance their employability and career prospects.

This Module forms part of a degree programme that has been mapped against the University Skills Framework

Learners can use this document to identify where and how they are building skills and how they can develop examples of their success.

