

Module specification

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Module Code	SPT447
Module Title	Exercise Referral
Level	4
Credit value	40
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
BSc (Hons) Applied Sport and Exercise Sciences for QA and Assessment Purposes	Stand alone

Breakdown of module hours

Learning and teaching hours	262 hrs
Placement tutor support hours	0 hrs
Supervised learning hours e.g. practical classes, workshops	0 hrs
Project supervision hours	0 hrs
Active learning and teaching hours total	0 hrs
Placement hours	0 hrs
Guided independent study hours	138 hrs
Module duration (Total hours)	400 hrs

Module aims

The module provides integration of the subject areas of exercise physiology and exercise referral in applied practice settings. It will enable students to acquire a broad understanding and knowledge of exercise programming for exercise referral patients.

On successful completion of the module students will be awarded the Focus Awards Level 3 Diploma in Exercise Referral (RQF)

Module Learning Outcomes

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

1	Plan exercise referral programmes with patients.
2	Understand medical conditions for exercise referral.
3	Describe the practice of a professional exercise referral instructor.
4	Instruct exercise with referred patients.
5	Describe anatomy and physiology for exercise and health.
6	Apply the principles of nutrition to a physical activity programme.

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.

Students will be required to complete a series of workbooks relating to each learning outcome along with a practical observation. Below is the schedule of assessments:

Assessment 1: Students will complete a short workbook on how to plan exercise referral programmes for referred patients which includes a letter to a GP and a case study.

Assessment 2: Students will complete a workbook on various medical conditions relating to referred clients.

Assessment 3: Students will complete a workbook on how to operate professionally and practically as an exercise referral instructor.

Assessment 4: Students will be observed carrying out their exercise referral programme in a gym-based setting which includes a client consultation.

Assessment 5: Students will complete a workbook on the anatomy and physiology of the human body in relation to exercise and health.

Assessment 6: Students will complete a workbook which includes a patient case study on applying the principles of nutrition for referred clients.

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1	Coursework	1000	Pass/Refer	NA
2	2	Coursework	1000	Pass/Refer	NA
3	3	Coursework	1000	Pass/Refer	NA
4	4	Practical	1000	Pass/Refer	NA
5	5	Coursework	1000	Pass/Refer	NA
6	6	Coursework	1000	Pass/Refer	NA

Derogations

None

Learning and Teaching Strategies

This course adopts a blended learning approach, integrating distance learning with face-to-face delivery to provide a flexible yet supportive educational experience. This strategy is designed to accommodate a variety of learning preferences while maintaining high standards of practical and theoretical knowledge. Core theoretical units are delivered online, allowing learners to access materials at their own pace. Learners receive ongoing tutor support via email, virtual meetings, and discussion forums, ensuring engagement and guidance throughout the distance learning phase. Practical skills and assessments are delivered in-person to ensure learners gain hands-on experience and are competent in applying knowledge in real-world settings.

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

- How to prepare for exercise referral programmes and the importance of long term behaviour change for exercise referral patients.
- Clinical features of medical conditions relevant to exercise referral programmes and the accepted methods for treatment and management of medical conditions relevant to exercise referral programmes.
- The role and importance of exercise referral and related policies and key documents and roles and responsibilities within an exercise referral scheme.
- How to instruct exercise to exercise referral patients and how to adapt exercise to meet the needs of exercise referral patients.
- The heart and circulatory system and its relation to exercise and health and the musculoskeletal system and its relation to exercise.
- Principles of nutrition and nationally recommended practice in relation to providing nutritional advice.

Indicative Bibliography

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

Essential Reads:

Lawrence, D. (2013). *The Complete Guide to Exercise Referral: Working with Clients Referred to Exercise*. London: Bloomsbury.

Other indicative reading:

Inkpen, S. J. L. Liu, H. Rayner, S. Shields, E. Godin, J. O'Brien, M. W. (2024). Exercise referral schemes increase Patients' cardiorespiratory Endurance: A systematic review and Meta-Analysis. *Preventive Medicine Reports*, 45 (102844), DOI:

<https://doi.org/10.1016/j.pmedr.2024.102844>.

Rowley, N. Mann, S. Steele, J. Horton, E. Jimenez, A. (2018). The effects of exercise referral schemes in the United Kingdom in those with cardiovascular, mental health, and musculoskeletal disorders: a preliminary systematic review. *BMC Public Health*, 18 (949), DOI <https://doi.org/10.1186/s12889-018-5868-9>.

Administrative Information

For office use only	
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