

MODULE SPECIFICATION FORM

Module Title: Physical Activity, Health and Disease	Level: 6	Credit Value: 20
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Module code: (if known) SPT614	Cost Centre: GASP	JACS2 code*: C600
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Semester(s) in which to be offered: 1 and 2	With effect from: Sept 2011
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Office use only: To be completed by AQSU:	Date approved: Sept 2011 Date revised: Sept 2013 Version no: 2
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Existing/New: New	Title of module being replaced (if any): Physical Activity, Exercise and Health
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Originating Academic area: Sport & Exercise Sciences	Module Leader: Dr Sue Taylor
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Module duration (contact hours/directed/directed private study): 30/70/100	Status: Option: BSc (Hons) Sport and Exercise Sciences
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Percentage taught by Subjects other than originating Subject (please name other Subjects): None
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Programme(s) in which to be offered: BSc (Hons) Sport and Exercise Sciences	Pre-requisites per programme (between levels): None	Co-requisites per programme (within a level): None
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<p>Module Aims: This module aims to:</p> <ol style="list-style-type: none"> 1. provide an introduction to epidemiology and the links between physical inactivity and ill health (e.g. coronary heart disease, obesity). 2. review the various models of behaviour change 3. synthesise knowledge from other modules to determine strategies for promoting health-related exercise. 4. evaluate strategies that promote health-related exercise.

Expected Learning Outcomes

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

Knowledge and Understanding:

1. critically examine and demonstrate the epidemiological evidence that links physical inactivity with ill health, e.g. coronary heart disease and obesity
2. critically examine and demonstrate the use of models of behaviour change
3. critically examine the application of government health strategies and demonstrate a working knowledge of their application in the community.

Transferable/Key Skills and other attributes:

Working independently, working in groups, C & IT, utilise self-reflection, working in a practical and laboratory environment (e.g. Cardiac Rehabilitation / GP Referral Session).

Assessment: please indicate the type(s) of assessment (eg examination, oral, coursework, project) and the weighting of each (%). ***Details of indicative assessment tasks must be included.***

Presentation: Students produce a presentation that practically examines the links between ill health and disease and then based on a behavioural change model students will critically examine a government health strategy and appropriately apply these to a selected audience (**Learning outcomes 1,2 and 3**).

Viva: Students will individually examine the underpinning literature surrounding the topic of the presentation (**Learning outcomes 1,2 and 3**).

Assessment	Learning Outcomes to be met	Type of assessment	Weighting	Duration (if exam)	Word count or equivalent if appropriate
1	1, 2 and 3	Presentation	50%		45 mins approx
2	1,2 and 3	Viva	50%		20 mins

Learning and Teaching Strategies:

This module will involve a series of lecture, seminars and workshops which are supported by laboratory practical's where appropriate.

Syllabus outline:

- Definitions of terms; models describing the relationship between physical activity, exercise, fitness and health; health benefits of physical activity; recommendations for physical activity.
- Epidemiology: data from government initiatives and national surveys; problems with data collection and analysis; physiological explanations to account for links between physical activity and health; dose-response.
- Risk factors for various diseases and their assessment.
- Coronary heart disease: aetiology: mortality rates and facts; pathophysiology of atherosclerosis; review of epidemiological evidence; risk factors and calculation of risk; rehabilitation; exercise prescription; prevention; ECG and 'stress testing'.
- Obesity: body fat assessment and norms; aetiology; causes; role of genetics vs. lifestyle; comparison of incidence across the world; health problems associated with obesity; role of exercise and nutrition in the reduction and maintenance of body weight; issues surrounding obesity.
- Mental health: various conditions, aetiology; causes; role of genetics vs. Lifestyle
- Assessment methods and prescription
- The concept of health promotion
- Different models of behaviour change
- Changing behaviour: motivation, exercise adherence and goal setting.
- Planning and evaluating exercise and health promotion initiatives: planning strategies for exercise promotion initiatives; processes and strategies for effective evaluation of health promotion initiatives.
- Examples of health promotion initiatives: G.P. referral schemes, Change for Life

Bibliography

Essential reading:

Government documents – relevant to the study of epidemiology, obesity, CHD and mental health issues.

American College of Sports Medicine (2010). ACSM's resources for clinical exercise physiology. London: Lippincott Williams and Wilkins.

Biddle, S.J.H. (2008). *Psychology of Physical Activity: determinants, well-being and interventions*. London: Routledge.

Bouchard, S., Blair, S.N., and Haskell, W.L. (2007). *Physical Activity and Health*. Champaign, IL: Human Kinetics.

Hardman, A.E. (2003). *Physical Activity and Health: the evidence explained*. London: Routledge.

Heyward, V.H. (2010). *Advanced Fitness Assessment and Exercise Prescription*. Champaign, IL: Human Kinetics.

Murphy, S.M. (1995). *Sport Psychology Interventions*. Champaign, IL: Human Kinetics.

Indicative reading:

Biddle, S.J.H., Fox, K.R. and Boutcher, S.H. (2000). *Physical Activity and Psychological Well-Being*. London: Routledge

Ewles, L. and Simnett, I. (2003). *Promoting Health – A Practical Guide*. 5th Edition. London: Baillière Tindall.

Jackson, A.W., Morrow, JR., Hill, DW. and Dishman, RK. (2004). *Physical Activity for Health and Fitness*. Updated Edition. Champaign, IL: Human Kinetics.

McKenna, J. and Riddoch, C. (2003). *Perspectives on Health and Exercise*. Basingstoke: Palgrave MacMillan.

Scott, D. and Weston, R. (1998). *Evaluating Health Promotion*. Cheltenham: Stanley Thornes Publishers Ltd.

This module will draw on journal articles taken from a range of publications such as (this list is not exhaustive):

Journal of Sport Sciences
Journal of Physical Activity and Health
Journal of Sport and Exercise Psychology

Health Promotion Library in ECL