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<b>Module Code:</b>	SES601
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<b>Module Title:</b>	Exercise Prescription and Referral for Clinical Populations
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<b>Level:</b>	6	<b>Credit Value:</b>	20
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<b>Cost Centre(s):</b>	GASP	<b>JACS3 code:</b>	C600
		<b>HECoS code:</b>	100433

<b>Faculty</b>	FSLS	<b>Module Leader:</b>	Chelsea Moore
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Scheduled learning and teaching hours	24 hrs
Placement tutor support	0hrs
Supervised learning eg practical classes, workshops	24 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
<b>Total contact hours</b>	<b>24 hrs</b>
Placement / work based learning	<b>0 hrs</b>
Online Learning	20 hours
Guided independent study	176 hrs
<b>Module duration (total hours)</b>	<b>220 hrs</b>

<b>Programme(s) in which to be offered (not including exit awards)</b>	Core	Option
BSc (Hons) Applied Sport and Exercise Sciences	✓	<input type="checkbox"/>

<b>Pre-requisites</b>
N/A

**Office use only**

Initial approval: 01/04/2020

Version no: 1

With effect from: 28/09/2020

Date and details of revision: 26/05/2022 – removed prerequisite, updated assessment strategy

Version no: 2

**Module Aims**

To be able to understand a range of medical conditions and their associated clinical features in relevant to exercise referral programmes.

To be able to understanding of the exercise referral process, professional practice of instructors and the scope of practice

To evaluate Principles of planning safe and effective exercise referral programmes for low/medium risk patients.

To be able to competently Instruct safe and effective sessions with referred patients.

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

1 To demonstrate competency of practice of instructing and application of understanding through delivery/instruction of a referred programme.

2 Evaluate the potential causes/influences of specified medical conditions.

3 To determine the pathophysiological development of disease.

4 Critically evaluate the role of exercise in the secondary prevention of disease.

<b>Employability Skills The Wrexham Glyndŵr Graduate</b>	<b>I = included in module content A = included in module assessment N/A = not applicable</b>
<b>CORE ATTRIBUTES</b>	
Engaged	I
Creative	A
Enterprising	I
Ethical	A
<b>KEY ATTITUDES</b>	
Commitment	I
Curiosity	I
Resilient	A
Confidence	A
Adaptability	A
<b>PRACTICAL SKILLSETS</b>	

Digital fluency	I
Organisation	A
Leadership and team working	I
Critical thinking	I
<b>Employability Skills The Wrexham Glyndŵr Graduate</b>	<b>I = included in module content A = included in module assessment N/A = not applicable</b>
Emotional intelligence	A
Communication	A
<b>Derogations</b>	
N/A	

<b>Assessment:</b>			
Indicative Assessment Tasks:			
<p>1: Students will partake in their level 3 exercise referral qualification which consists of completing six units. Two of these units will be delivered face to face and two will be delivered online. A small bridging activity will need to be completed to ensure recognition of prior learning for this course. This is pass/refer.</p> <p>2. Students will deliver a presentation on a case study demonstrating how physical inactivity has contributed to the development of the disease (cardiovascular disease, stroke, sarcopenia etc) and how NHS and research recommended exercise programmes favourably influence the outcomes of that disease.</p>			
Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1-2	Coursework	Pass/Refer
2	3-4	Presentation	100%

<b>Learning and Teaching Strategies:</b>
Lectures, seminars, online workbooks, quizzes, tasks, laboratory practical's.

**Syllabus outline:**

Exercise referral and professional practice for instructors  
Understanding medical conditions for exercise referral  
Social, psycho, cultural and environmental influences of CVD and stroke  
Sarcopenia pathophysiology and treatment  
Pathophysiology of CVD and stroke  
Cardiac and stroke rehabilitation  
Risk factors for CVD  
Exercise prescription for cardiac and stroke patients

**Indicative Bibliography:****Essential reading**

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

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

**Other indicative reading**

ACPICR: *Association for Chartered Physiotherapists in Cardiac Rehabilitation, ACPICR Standards, Standards for Physical Activity and Exercise in the Cardiovascular Population*. (2015) 3<sup>rd</sup> ed.

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

Bhatnagar, A. (2017). Environmental Determinants of Cardiovascular Disease. *Circulation Research*, 121 (2), pp. 162-180.

Dalal, H. M. Doherty, P. Taylor, R. S. (2015). Cardiac Rehabilitation. *British Medical Journal*, No. 351, H5000.

Dean, S G. Poltawski, L. Calitri, R. (2016). Community-based Rehabilitation Training after stroke: protocol of a pilot randomised controlled trial (ReTrain). *British Medical Journal*, 6 (10), e012375.

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.