

## Module specification

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Module Code	SES701
Module Title	Exercise as Prevention or Cure
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	13 hrs
Placement tutor support hours	0 hrs
Supervised learning hours e.g. practical classes, workshops	8 hrs
Project supervision hours	0 hrs
<b>Active learning and teaching hours total</b>	<b>21 hrs</b>
Placement hours	0 hrs
Guided independent study hours	179 hrs
<b>Module duration (Total hours)</b>	<b>200 hrs</b>

### Module aims

- To provide an advanced understanding of the differing exercise prescriptions for various clinical populations from a primary and secondary preventative perspective.
- To gain advanced skills in communicating information to non-specialist audiences to those clinical groups via online platforms.

### Module Learning Outcomes

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

1	Demonstrate advanced understanding of the pathophysiology of the selected disease.
2	Outline current exercise recommendations for the selected clinical population.
3	Critically appraise the current exercise recommendations for the selected clinical population.
4	Demonstrate advanced multi-media production skills in the creation of a video.

## 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:** Students will create a short video (5-10 minutes) that will be produced and edited by themselves which outlines current exercise recommendations for a selected clinical population and provides a critical appraisal of those recommendations with guidance on what type of exercise those individuals should do to improve their prognosis. The video will be uploaded to a relevant social media platform that is monitored and used by the programme team.

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1-4	Coursework	10 minutes	100	N/A

## Derogations

N/A

## Learning and Teaching Strategies

A blended learning approach will be utilised for the delivery of this module. Students will often be provided with short, pre-recorded presentations to watch prior to attending face to face sessions with the aim of introducing them to the topic beforehand. The majority of the learning and teaching hours will be face to face lectures, sometimes facilitated by practical seminars which will take place off-site in clinics, leisure-centres and gyms. Students will also have the opportunity to undertake a level 4 BACPR cardiac exercise instructor qualification if they meet certain pre-requisites.

## 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

- Exercise for primary prevention
- Review of current UK CMO exercise guidelines
- Cardiovascular disease prevalence, economic burden
- Cardiovascular disease: pathophysiology
- Cardiovascular disease: exercise recommendations primary and secondary prevention
- Cardiac rehabilitation
- Diabetes, prevalence, economic burden
- Diabetes: pathophysiology
- Diabetes: exercise recommendations and considerations
- Cancer: prevalence, economic burden and common types
- Cancer: potential causes and risk factors
- Canrehab
- Sarcopenia: pathophysiology, exercise recommendations and considerations
- Digital film making and editing

### Indicative Bibliography:

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

### Essential Reads

Ehrman, J. K. Gordon, P. M. Visich, P. S. (2023). *Clinical Exercise Physiology: Exercise management for chronic diseases and special populations*. 5th Ed. Champaign, IL: Human Kinetics.

### Other indicative reading

ACPICR. (2023). *Association for Chartered Physiotherapists in Cardiac Rehabilitation, APICR Standards, Standards for Physical Activity and Exercise in the Cardiovascular Population*. 4th Ed. Available from:  
[https://www.acpicr.com/data/Page\\_Downloads/ACPICR2023StandardsReaderlayout.pdf](https://www.acpicr.com/data/Page_Downloads/ACPICR2023StandardsReaderlayout.pdf)  
[Accessed 21<sup>st</sup> August 2024].

BACPR. (2017). *Standards and Core Components for Cardiovascular Disease Prevention and Rehabilitation*. 3rd Ed. Available from:  
[https://www.bacpr.org/\\_data/assets/pdf\\_file/0021/64236/BACPR-Standards-and-Core-Components-2023.pdf](https://www.bacpr.org/_data/assets/pdf_file/0021/64236/BACPR-Standards-and-Core-Components-2023.pdf) [Accessed 21<sup>st</sup> August 2024].

Davies, D. S. C. Atherton, F. McBride, M. & Calderwood, C. (2019). *UK Chief Medical Officers ' Physical Activity Guidelines*. Department of Health and Social Care, UK.

Harrington, D. Henson, J. (2021). Physical activity and exercise in the management of type 2 diabetes: where to start? *Practical Diabetes*, 38, (5), pp. 35-40b.

Stout, N. L. Mina, D. S. Lyons, K. D. Robb, K. Silver, J. K. (2021). A systematic review of rehabilitation and exercise recommendations in oncology guidelines. *CA: A Cancer Journal for Clinicians*, 71(2), pp. 149-175.

Cruz-Jentoft, A. J. Bahat, G. Bauer, J. Boirie, Y. Bruyère, O. Cederholm, T. Cooper, C. Landi, F. Rolland, Y. Sayer, A. A. Schneider, S. M. Sieber, C. C. Topinkova, E. Vandewoude, M. Visser, M. Zamboni, M. (2019). Sarcopenia: revised European consensus on definition and diagnosis. *Age and Ageing*, 48(1), pp. 16-31.

### Administrative Information

<b>For office use only</b>	
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