

## Module Specification

### Module Summary Information

<b>1</b>	<b>Module Title</b>	Exercise Referral and Behaviour Change
<b>2</b>	<b>Module Credits</b>	20
<b>3</b>	<b>Module Level</b>	6
<b>4</b>	<b>Module Code</b>	SPX6004

<b>5</b>	<b>Module Overview</b>
<p>An Exercise Referral is a specific and formalised programme whereby a medical professional refers a patient to a fitness programme, often based within the community. The principal of referral to exercise was established in the early 90s and since that time a range of qualifications and competencies have been developed to ensure the safe and effective programming for clients with a range of medical conditions. An exercise referral instructor's role includes designing, monitoring, adapting and implementing exercise programmes for individual clients with a range of medical conditions.</p> <p>This module aims to develop your understanding of exercise referral. It aims to specifically develop your understanding of assessing, monitoring and managing risk to clients arising from exercise participation throughout the referral period. The module will also enhance your analysis skills relating to individual clients with regard to safe and effective programme design, enable you to identify, agree and review short, medium and long term goals to ensure the effectiveness of exercise programmes. The module will also cover how to promote a range of physical activity opportunities in accordance with the needs and health status of the clients. In order to achieve this you must be able to tailor progressive exercise appropriate to the medical condition, using results from the assessments, medical information, published guidelines and client goals.</p> <p>You will be taught how to develop and apply strategies to motivate clients to adhere to an exercise programme during the referral period, keep up to date with health and fitness industry developments related to medical conditions, and make the appropriate decisions for clients, where required.</p>	

<b>6</b>	<b>Indicative Content</b>
<p>In this module, you will cover the following content:</p> <ul style="list-style-type: none"> <li>• The importance of physical activity initiatives for the community and public health</li> <li>• Exercise referral process</li> <li>• Health-related pathologies</li> <li>• Safe and effective exercise prescription for a range of specific populations and conditions</li> <li>• Coaching exercises safely and effectively</li> </ul>	

<b>7</b>		<b>Module Learning Outcomes</b>	
<b>On successful completion of the module, students will be able to:</b>			
	<b>1</b>	Explain physical activity pathways and the role of exercise referral schemes within primary care and the community	
	<b>2</b>	Summarise the signs, symptoms and pathology of specific stable conditions and appraise the risks associated with exercise for specific conditions	
	<b>3</b>	Plan, demonstrate and evaluate a safe and effective adapted physical activity programme personalised to a client's needs	
	<b>4</b>	Appraise the benefits of engaging with physical activity for those with a range of stable health conditions	

<b>8</b>		<b>Module Assessment</b>		
<b>Learning Outcome</b>				
		<b>Coursework</b>	<b>Exam</b>	<b>In-Person</b>
<b>1-4</b>				<b>X</b>

<b>9</b>		<b>Breakdown Learning and Teaching Activities</b>	
<b>Learning Activities</b>		<b>Hours</b>	
<b>Scheduled Learning (SL)</b> includes lectures, practical classes and workshops, peer group learning, Graduate+, as specified in timetable		36	
<b>Directed Learning (DL)</b> includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE		49	
<b>Private Study (PS)</b> includes preparation for exams		115	
<b>Total Study Hours:</b>		200	