

Module Details	
Module Title	Exercise Theory and Prescription
Module Code	PAR4502-B
Academic Year	2024/5
Credits	20
School	School of Allied Health Professions and Midwifery
FHEQ Level	FHEQ Level 4

Contact Hours	
Type	Hours
Independent Study	70
Lectures	5
Seminars	20
Practical Classes or Workshops	40
Online Lecture (Asynchronous)	5
Directed Study	60

Availability	
Occurrence	Location / Period
BDA	University of Bradford / Semester 1

Module Aims
The module will provide you with knowledge regarding safe and effective evidence-based and person specific exercise prescription. You will develop the skills to devise and teach a range of people in a variety of settings.

Outline Syllabus
<ul style="list-style-type: none"> * Determinants of strength and power * Energy systems and energy management * Exercise prescription, Goal setting and Outcome Measures * Coaching cueing, feedback and demonstration * Risk assessment for classes: cautions & contraindications * Adaptation for different environments- Gym environment/ Home Exercise Programme * Healthy ageing chronological and physiological ageing * Soft Tissue Injury and Repair * Movement Analysis

Learning Outcomes

Outcome Number	Description
01	Discuss principles of exercise with reference to underpinning physiology.
02	Select and progress/ regress appropriate exercise.
03	Develop and deliver safe and effective exercise programme.
04	Reflect on your own communication skills to instruct and motivate within both an individual and class context.

Learning, Teaching and Assessment Strategy

This module will engage you as an active learner. You will have access to a diverse range of learning resources to support your learning. You will take part in lectures, seminars and practicals. Where possible these will be recorded for you to watch again in your own time. There will be many online resources and learning activities for your directed and self-directed learning. You are expected to prepare for classes which focus on relating and applying established and emerging knowledge within the module. Seminars with small group working will enable you to apply knowledge through practical and clinical scenarios. There will be interactive opportunities, such as discussions and peer teaching. You will experience a blended learning approach that balances face to face and online learning and will include synchronous and asynchronous activities. Canvas will be used as a virtual learning environment for module information, handbooks, resources, teaching materials, films, and web-based materials.

Lectures will involve delivery of the fundamental principles of evidence-based exercise prescription.

Directed Study ? will involve a flipped approach by asking learners to engage with independent learning objects such as a videos and online materials with the aim to encourage active participation in topics which will be expanded upon in seminars and practical.

Seminar ? will focus on specific elements that allow students to discuss the planning and modification of evidence-based exercise interventions.

Practical Classes - A predominantly practical approach will focus on developing the skills needed to devise, plan and teach person-specific exercise programmes informed by the current evidence base. You will practice applying the key concepts and knowledge learned through the lectures and seminars.

Formative assessment will include tutor and peer feedback that informs the summative assessment. This is embedded into the module teaching, and provides opportunity for self-evaluation.

Summative assessment is a group delivery of an exercise class. This reflects contemporary practice with class-based delivery. Groups will work together to develop a 20-minute class for a selected population. Peers will act as models. You will all contribute to the delivery. Individuals will then have a 10-minute viva examination, the purpose of which is to ensure knowledge and understanding of collaborative group work and provide an opportunity to reflect upon your communication skills. This will be an individual assessment.

To promote the values of inclusivity, the time allocation for the individual viva component of this module factors in additional time commonly recommended in learner support profiles. The length of the assessment is therefore dictated by a list of indicative questions, rather than the timeframe itself. As such, if you are entitled to additional time as part of your learner support profile, you are anticipated to use the maximum permitted time, whilst others are anticipated to finish earlier.

Mode of Assessment			
Type	Method	Description	Weighting
Summative	Examination - oral/viva voce	As a group design and deliver a group exercise programme. Individual viva justify choices and demonstrate understanding	100%
Referral	Examination - oral/viva voce	Individually design and deliver an element of an exercise programme. Individual viva justify choices and understanding	100%

Reading List
To access the reading list for this module, please visit https://bradford.rl.talis.com/index.html

Please note:

This module descriptor has been published in advance of the academic year to which it applies. Every effort has been made to ensure that the information is accurate at the time of publication, but minor changes may occur given the interval between publishing and commencement of teaching. Upon commencement of the module, students will receive a handbook with further detail about the module and any changes will be discussed and/or communicated at this point.

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