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| Module Title: | Sport and Physical Activity for Special Population Groups |
| Language of Instruction: | English |
| Credits: | 5 |
| NFQ Level: | 8 |
| Module Delivered In | 1 programme(s) |
| Teaching & Learning Strategies: | Students will be taught using a combination of lectures, interactive Q&A, group discussion, peer learning activities and practical intervention sessions. The practical classes will provide students with the opportunity to develop their programme planning, design and hands-on implementation skills in sport, exercise and physical activity for specific populations. The module will also include a significant contribution of independent learning which will involve reflective practice, self-assessment, preparation for classes, review of class materials, independent reading and research in the area to support their continuing professional development. |
| Module Aim: | The aim of this module is to develop students' knowledge and understanding of the role of sport and physical activity for health and well-being, the factors affecting sport and physical activity participation, and the skills involved in the design and implementation of evidence-based practical interventions for specific populations. |
| Learning Outcomes | |
| <i>On successful completion of this module the learner should be able to:</i> | |
| LO1 | Explore the role of sport, exercise and physical activity for health and well-being in special populations including people with disabilities |
| LO2 | Critically appraise current physical activity guidelines and investigate the factors affecting exercise uptake, participation and adherence in special populations |
| LO3 | Design and implement safe and effective physical activity intervention programmes for special populations, to include appropriate screening and testing to meet individual needs, abilities and limitations |
| Pre-requisite learning | |
| Module Recommendations <i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i> | |
| No recommendations listed | |
| Incompatible Modules <i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i> | |
| No incompatible modules listed | |
| Co-requisite Modules | |
| No Co-requisite modules listed | |
| Requirements <i>This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.</i> | |
| Successful completion of year 2 or equivalent | |

Module Content & Assessment

| Indicative Content |
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| Indicative content The effects of sport, exercise and physical activity on physical and mental health and well-being in special populations |
| Indicative content Physical activity guidelines for special populations |
| Indicative content Physiological and psychological considerations for exercise with special populations |
| Indicative content Adapted physical activity |
| Indicative content Design and implementation of safe, effective and inclusive interventions to improve physical and mental well-being in special populations |
| Indicative Barriers, motivators and facilitators involved in physical activity uptake, participation and adherence in special populations |
| Indicative content Community engagement interventions with special populations |

| Assessment Breakdown | % |
|----------------------|--------|
| Project | 50.00% |
| Practical | 50.00% |

No Continuous Assessment

| Project | | | | |
|-----------------|------------------------|-------------------|------------|-----------------|
| Assessment Type | Assessment Description | Outcome addressed | % of total | Assessment Date |
| Project | Project | 1,2,3 | 50.00 | n/a |

| Practical | | | | |
|-----------------------------|------------------------|-------------------|------------|-----------------|
| Assessment Type | Assessment Description | Outcome addressed | % of total | Assessment Date |
| Practical/Skills Evaluation | Practical | 1,2,3 | 50.00 | n/a |

No End of Module Formal Examination

SETU Carlow Campus reserves the right to alter the nature and timings of assessment

Module Workload

| Workload: Full Time | | |
|----------------------------|--------------------|--|
| <i>Workload Type</i> | <i>Frequency</i> | <i>Average Weekly Learner Workload</i> |
| Lecture | 12 Weeks per Stage | 2.00 |
| Practicals | 12 Weeks per Stage | 2.00 |
| Independent Learning | 15 Weeks per Stage | 5.13 |
| Total Hours | | 125.00 |

Module Delivered In

| Programme Code | Programme | Semester | Delivery |
|----------------|---|----------|-----------|
| CW_SASPS_B | Bachelor of Science (Honours) in Sport and Exercise Science | 5 | Mandatory |