

Module Title:	Special Populations
Language of Instruction:	English
Credits:	10
NFQ Level:	7
Module Delivered In	No Programmes
Teaching & Learning Strategies:	Module will be delivered as one hour lecture and one hour practical per week for 15 weeks. This may include: staff-led lectures, open discussion forum, guest speakers and practical strength and conditioning sessions. Any course-related issue or questions that may arise will be discussed at lectures. Course lecture summaries, course calendar, announcements and other course-related information will be available on Blackboard, a virtual learning environment. Students can contact lecturer outside of class hours to discuss formative feedback given on written reports and group project work.
Module Aim:	To develop students' understanding of the how exercise and physical fitness contributes to the health and well-being of special population groups
Learning Outcomes	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Identify and describe the multidisciplinary needs of various special population groups in relation to physical activity, exercise and physical fitness
LO2	Demonstrate ability to work effectively and productively in a group context
LO3	Develop and deliver comprehensive, oral presentations
LO4	Critically review current literature regarding exercise testing and prescription in special population groups
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>	
No requirements listed	

Module Content & Assessment

Indicative Content

Theory Section 1

Multidisciplinary needs and limitations of various special population groups related to physical activity and exercise

Theory Section 2

Guidelines for physical activity, exercise testing and prescription for various special population groups

Theory Section 3

International and national policies for working with special population groups

Assessment Breakdown	%
Continuous Assessment	30.00%
Project	70.00%

Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Presentation	Group Presentation	1,2,3,4	30.00	n/a

Project

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Project	Special Population's Project	1,2,3,4	70.00	End-of-Semester

No Practical

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	30 Weeks per Stage	1.00
Practicals	30 Weeks per Stage	1.00
Independent Learning Time	30 Weeks per Stage	4.00
Total Hours		180.00

