

<b>Module Title:</b>	Physical Activity and Health
<b>Language of Instruction:</b>	English
<b>Credits:</b>	5
<b>NFQ Level:</b>	6
<b>Module Delivered In</b>	<a href="#">2 programme(s)</a>
<b>Teaching &amp; Learning Strategies:</b>	This module will be delivered via two one-hour lectures per week. The teaching and learning strategies employed will include lecture, active learning methodologies such as Q&A, group discussion, case studies, presentations and guest lectures where appropriate.
<b>Module Aim:</b>	The aim of this module is to provide students with an understanding of the role of physical activity in improving health.
<b>Learning Outcomes</b>	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Outline the relationship between physical activity and the various dimensions of health (physical, mental, emotional etc).
LO2	Examine the determinants of physical activity and sedentary behaviour and explain physical activity patterns in different populations
LO3	Display an understanding of key theories of behaviour change, motivation and adherence to exercise and describe appropriate physical activity interventions and promotion for different populations
<b>Pre-requisite learning</b>	
<b>Module Recommendations</b> <i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i>	
No recommendations listed	
<b>Incompatible Modules</b> <i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i>	
No incompatible modules listed	
<b>Co-requisite Modules</b>	
No Co-requisite modules listed	
<b>Requirements</b> <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
<b>1.1</b> Concepts, Definitions and Policies related to physical activity, sedentary behaviour, wellness, health and health promotion
<b>1.2</b> Determinants of health, physical activity and sedentary behaviour
<b>1.3</b> Prevalence of physical activity and sedentary behaviour among different populations and subgroups
<b>1.4</b> Risks associated with physical inactivity and sedentary behaviour
<b>1.5</b> Measurement of physical activity and sedentary behaviour
<b>1.6</b> Factors Influencing Exercise Behaviour (e.g. Adherence/Drop-out); Approaches to Behaviour Change

Assessment Breakdown	%
Continuous Assessment	100.00%

Continuous Assessment				
Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Other	The continuous assessment strategy may incorporate essays, presentations, reflective logs, case studies and written reports.	1,2,3	100.00	n/a

No Project

No Practical

No End of Module Formal Examination

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

**Module Workload**

<b>Workload: Full Time</b>		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	Every Week	2.00
Independent Learning Time	Every Week	7.00
Total Hours		9.00

**Module Delivered In**

Programme Code	Programme	Semester	Delivery
CW_BBSBC_D	<a href="#">Bachelor of Arts in Sport, Business and Coaching</a>	4	Mandatory
CW_BBSBC_B	<a href="#">Bachelor of Arts (Honours) in Sport, Business and Coaching</a>	4	Mandatory