

Module Title:	Physical Activity for Special Populations	
Language of Instruction:	English	
Credits:	5	
NFQ Level:	8	
Module Delivered In	<a href="#">2 programme(s)</a>	
Teaching & Learning Strategies:	This module will be delivered in 1 x1 hour lecture and one two-hour practical per week. The theory class will include lecture, Q&A, group discussion, case studies, presentations and guest lectures where appropriate. Practical work will involve planning, implementing and evaluating practical adapted physical activity sessions for a range of population groups.	
Module Aim:	The aim of this module is to introduce students to the principles of exercise prescription and adaptation of activities for a broad range of population groups including those with chronic disease (e.g. children/older adults/pregnancy/asthma/diabetes/cancer).	
Learning Outcomes		
On successful completion of this module the learner should be able to:		
LO1	Identify and describe the multidisciplinary needs of various special population groups in relation to physical activity, exercise and physical fitness	
LO2	Understand, design and implement safe and effective exercise programmes for various populations, to include appropriate screening and testing to meet individual needs, abilities and limitations	
LO3	Critically review the role of exercise, functional fitness and a physically active lifestyle in disease prevention, health promotion and quality of life	
Pre-requisite learning		
Module Recommendations This is prior learning (or a practical skill) that is recommended before enrolment in this module.		
8133	MTDS	Adapted Physical Activity
Incompatible Modules These are modules which have learning outcomes that are too similar to the learning outcomes of this module.		
No incompatible modules listed		
Co-requisite Modules		
No Co-requisite modules listed		
Requirements This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.		
No requirements listed		

## Module Content & Assessment

### Indicative Content

#### Pathophysiology and implications for sport and exercise

Pathophysiology of a range of conditions. Physiological implications of exercise on a range of population groups (children, adolescents, pregnant women, older adults, those with chronic diseases such as asthma, diabetes, respiratory disease etc) and reflection of this in programme planning and implementation. Identification of relevant nutritional adaptations/recommendations for specific populations.

#### Consultation Process

Needs analysis, goal setting, exercise adherence, behaviour change, managing expectations.

#### Physical Activity and Exercise Prescription For Special Populations

Exploration of the role of exercise, functional fitness and a physically active lifestyle in disease prevention, health promotion and quality of life. Application of the principles of training to specific populations. Development of cardiovascular/resistance training programmes for various population groups.

#### Fitness assessment

Identification of methods of fitness assessment and issues related to special population groups

Assessment Breakdown	%
Continuous Assessment	50.00%
Practical	50.00%

### Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Other	The continuous assessment strategy may incorporate one or some of the following: essay, portfolio, presentation, reflective log, case study, written report.	1,2,3	50.00	n/a

No Project

### Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	The practical assessment may include a portfolio/reflective log or the development and implementation of sample sessions for a particular population group. The practical component may also be linked to the continuous assessment element.	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**

<b>Workload: Full Time</b>		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	12 Weeks per Stage	1.00
Practicals	12 Weeks per Stage	2.00
Estimated Learner Hours	15 Weeks per Stage	5.93
Total Hours		125.00

**Module Delivered In**

Programme Code	Programme	Semester	Delivery
CW_BBSMC_B	<a href="#">Bachelor of Arts (Honours) in Sport Management and Coaching</a>	8	Elective
CW_BBIBC_B	<a href="#">Bachelor of Arts (Honours) in Sport, Business and Coaching</a>	8	Elective