

Module Title:	Sport and Physical Activity for Health and Wellbeing
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
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