

Module Title:	Exercise as Medicine
Language of Instruction:	English
Credits:	5
NFQ Level:	8
Module Delivered In	1 programme(s)
Teaching & Learning Strategies:	The module includes both large-group and small-group classes, alongside tutor-directed and self-directed independent student learning. The large group lecture classes will include interactive learning activities and formative assessment tasks such as discussions, quizzes, and case studies. The small group practical classes will provide students with the opportunity to develop their hands-on skills in physiological measurement, along with opportunities to reflect on and discuss the application of theory to practice. Independent student learning time will be used for preparation for classes, review of class materials and activities, and work associated with assessment tasks.
Module Aim:	To enable learners to apply an evidence-based approach to the use of exercise in the care of people with chronic medical conditions.
Learning Outcomes	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Critically appraise the role of exercise and physical activity as an element of multidisciplinary healthcare for people with chronic medical conditions.
LO2	Design safe and effective evidence-based exercise and physical activity programmes for people with chronic medical conditions, applying understanding of relevant concepts in both physiology and psychology.
LO3	Justify the selection of appropriate methods of assessments of health for planning, monitoring and evaluating exercise and physical activity interventions.
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 3 or equivalent	

Module Content & Assessment

Indicative Content

Healthcare

National and international models of healthcare; concepts and practices in multidisciplinary healthcare; physical activity in multidisciplinary healthcare.

Physical activity and exercise as medicine

The evidence-base for the role of physical activity and exercise as an element of care in core areas of healthcare (e.g. cardiology, oncology, endocrinology, neurology, musculoskeletal health, respiratory health).

Integrated approaches to exercise prescription

Evidence-based principles for the integration of physiological and psychological aspects of exercise prescription and outcome monitoring.

Exercise guidelines

Critical analysis of guidelines for exercise prescription; translation of guidelines to practice.

Programme design

Design of safe and effective evidence-based, client-centered exercise programmes; monitoring and evaluation of programmes.

Pre-participation screening

Methods of pre-participation screening; interpretation of screening outcomes.

Assessment of health

Methods of assessing physical, functional, mental and social health.

Assessment Breakdown	%
Project	70.00%
End of Module Formal Examination	30.00%

Special Regulation

Students must achieve a minimum grade (35%) in both the project and final examination

No Continuous Assessment

Project

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Project	n/a	1,2,3	70.00	n/a

No Practical

End of Module Formal Examination

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Formal Exam	n/a	1,2	30.00	End-of-Semester

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
Lecturer-Supervised Learning (Contact)	12 Weeks per Stage	2.00
Independent Learning Time	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	7	Mandatory