

Module Title:	Special Populations
Language of Instruction:	English

Credits:	10
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NFQ Level:	7
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Module Delivered In	1 programme(s)
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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.
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Module Aim:	To develop students' understanding of the how exercise and physical fitness contributes to the health and well-being of special population groups
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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	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
This is prior learning (or a practical skill) that is recommended before enrolment in this module.

No recommendations listed

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

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

ITCarlow 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

Module Delivered In

Programme Code	Programme	Semester	Delivery
CW_SASPS_B	Bachelor of Science (Honours) in Sport and Exercise Science	3	Mandatory