Wearable Technology for Exercise Prescription

Module Information

2022.01, Approved

Summary Information

Module Code	7163SPOSCI
Formal Module Title	Wearable Technology for Exercise Prescription
Owning School	Sport and Exercise Sciences
Career	Postgraduate Taught
Credits	20
Academic level	FHEQ Level 7
Grading Schema	50

Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

Learning Methods

Learning Method Type	Hours
Lecture	12
Practical	22

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
JAN-CTY	CTY	January	12 Weeks

Aims and Outcomes

Aims	The aim of this module is to critically examine the reliability of and appraise the merits of monitoring and prescribing exercise for health and/or performance using new 'wearable' technologies. In addition, students will develop their theoretical understanding and practical experience in the construction and delivery of performance and health-related exercise programmes.

After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Demonstrate aptitude and an ability to operate at a professional level in laboratories or other complex/specialised contexts
MLO2	2	Critically evaluate the effectiveness of advanced methodologies and use evidence to select approaches that are the most appropriate
MLO3	3	Develop critical responses to existing theoretical discourses, methodologies or practices and suggest new concepts or approaches
MLO4	4	Apply, report and interpret statistical analyses of quantitative data
MLO5	5	Undertake analysis of complex, incomplete or contradictory evidence/data and judge the appropriateness of the enquiry method
MLO6	6	Accurately and effectively communicate complex scientific information

Module Content

Outline Syllabus	Application of wearable technologies for athletes.Monitoring, prescribing, evaluating and feeding back upon training load and recoveryReliability of wearable technologies and associated software algorithms.Wearable technologies and their role in monitoring promoting exercise for health.Wearable technology challenges and applications.Assessment of physiological function, performance thresholds and body composition.
Module Overview	This module aims to provide theoretical understanding and practical training in the construction and delivery of performance and health-related exercise programmes. In addition you will critically examine the validity and appraise the merits of monitoring exercise performance using new, wearable technologies.
Additional Information	

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Report	Laboratory Report	50	0	MLO2, MLO3, MLO4, MLO5
Presentation	Client Feedback consultation	50	0	MLO1, MLO3, MLO6

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Dominic Doran	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings