

Summary Information

Module Code	7174SPOSCI
Formal Module Title	Exercise Programming
Owning School	Sport and Exercise Sciences
Career	Postgraduate Taught
Credits	20
Academic level	FHEQ Level 7
Grading Schema	50

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Helen Jones	Yes	N/A

Module Team Member

Contact Name	Applies to all offerings	Offerings
Benjamin Buckley	Yes	N/A
Gemma Miller	Yes	N/A
Ellen Dawson	Yes	N/A
Matthew Cocks	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

Learning Methods

Learning Method Type	Hours
Lecture	10
Practical	24
Tutorial	8

Module Offering(s)

Offering Code	Location	Start Month	Duration
JAN-CTY	CTY	January	12 Weeks

Aims and Outcomes

Aims	To develop the students' knowledge, understanding and practical experience of designing, delivering and evaluating exercise interventions for individuals with long-term medical conditions
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Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	Design, deliver and modify evidence-based exercise interventions for the purposes of preventing, treating and long-term medical conditions, injuries and improving health and well-being for diverse individuals that meet client needs and goals.
MLO2	Evaluate the evidence base for exercise prescription principles to prevent, treat and manage a broad range of long-term medical conditions for the purposes of improving function, facilitating recovery, and maximising independence and participation.

Module Content

Outline Syllabus
Principles of programming (FITT) Exercises in the gym environmentExercise programming for CV risk factors and mental healthProgressions and regressions of exercisesBasic gym induction -Strength and conditioning for low risk Cardiac /pulmonary rehab phase 3 and phase 4Strength and conditioning for low/moderate risk Cardiac /pulmonary rehab circuit Lab/gymCancer prehab, during treatment and rehabStrength and conditioning for high risk and pre/post operativeExercise programming for frailty and falls preventionExercise programming for active daily living

Module Overview

Additional Information

This module considers exercise programming design, prescription, understanding and delivery for individuals with long-term medical conditions. It will include theoretical knowledge and practical experience. This will be delivered in a 4-week block. The presentation assessment will be at the end of the module in a presentation which covers 7174SPOSCI, 7171SPOSCI and 7172SPOSCI.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Test	Practical Exam	50	0	MLO1, MLO2
Presentation	Cross-module presentation	50	0	MLO1, MLO2