Module Descriptor

Title	Physical Activity, Health, and Fitness		
Session	2026/27	**Status**	Published
Code	SPOR07022	**SCQF Level**	7
Credit Points	30	**ECTS (European Credit Transfer Scheme)**	15
School	**Health and Life Sciences**		
Module Co-ordinator	Ashley Warner		

Summary of Module

This module is designed to introduce the student to the topics of physical activity, health and fitness. Students will develop fundamental knowledge (e.g. anatomy, physiology and principles of exercise), and will be equipped with the skills to engage, educate and coach clients to achieve their health and fitness goals. The module will also facilitate students to support clients to improve their health and wellbeing through physical activity and lifestyle changes, and will prepare students to further explore physical activity, health and fitness themes in subsequent modules.

This module will assist the student in the development of key 'I am UWS Graduate Attributes' to allow those that complete this module to be:

Universal:

Critical Thinker Emotionally Intelligent Culturally Aware

Work Ready:

Knowledgeable Effective Communicator Influential

Successful:

Driven Resilient

Transformational

Successful completion (including achieving a pass) of the module SPOR07022 Physical Activity, Health, and Fitness partially fulfils CIMSPA (the Chartered Institute for the Management of Sport and Physical Activity) endorsement for the professional standard: Gym Instructor (with the module(s) SPOR0702X Foundations of Sport & Exercise also required to achieve endorsement). CIMSPA have career advice and further learning resources available for members. From September 2025, UWS students can receive free membership of the student category. To use the professional standard in practice, practitioner membership is required.

Module Delivery Method	On-Campus[1] ☒	Hybrid[2] ☐	Online[3] ☐	Work -Based Learning[4] ☐
Campuses for Module Delivery	☒ Ayr ☐ Dumfries	☒ Lanarkshire ☐ London ☐ Paisley	☐ Online / Distance Learning ☐ Other (specify)	

Terms for Module Delivery	Term 1	☐	Term 2	☒	Term 3	☐
Long-thin Delivery over more than one Term	Term 1 – Term 2	☐	Term 2 – Term 3	☐	Term 3 – Term 1	☐

Learning Outcomes	
L1	Demonstrate general knowledge of health-related fitness including anatomy and physiology applied to general training principles.
L2	Describe how to facilitate person-centred programme development to improve health and wellbeing including behavioural strategies for exercise adoption and adherence.
L3	Demonstrate basic skills and competencies in leading and recommending safe and effective exercise for an apparently healthy individual.
L4	
L5	

Employability Skills and Personal Development Planning (PDP) Skills	
SCQF Headings	**During completion of this module, there will be an opportunity to achieve core skills in:**
Knowledge and Understanding (K and U)	**SCQF 7** Demonstrating a knowledge of fundamental concepts of physical activity, health and fitness. Highlighting the difference between explanations based in evidence and/or research and other forms of explanation, and of the importance of this difference in preparing academic work.
Practice: Applied Knowledge and Understanding	**SCQF 7** Applying the knowledge and skills in different types of physical activity, health and fitness environments.

[1] Where contact hours are synchronous/ live and take place fully on campus. Campus-based learning is focused on providing an interactive learning experience supported by a range of digitally-enabled asynchronous learning opportunities including learning materials, resources, and opportunities provided via the virtual learning environment. On-campus contact hours will be clearly articulated to students.

[2] The module includes a combination of synchronous/ live on-campus and online learning events. These will be supported by a range of digitally-enabled asynchronous learning opportunities including learning materials, resources, and opportunities provided via the virtual learning environment. On-campus and online contact hours will be clearly articulated to students.

[3] Where all learning is solely delivered by web-based or internet-based technologies and the participants can engage in all learning activities through these means. All required contact hours will be clearly articulated to students.

[4] Learning activities where the main location for the learning experience is in the workplace. All required contact hours, whether online or on campus, will be clearly articulated to students

	In using some of the basic and routine professional skills, techniques, practices and / or materials associated with physical activity, health and fitness. Presenting information and ideas that are routine to physical activity, health and fitness.
Generic Cognitive skills	**SCQF 7** Presenting information and ideas that are routine to physical activity, health and fitness.
Communication, ICT and Numeracy Skills	**SCQF 7** Using a range of forms of communication effectively in both familiar and new contexts. Conveying complex ideas in well-structured and coherent form.
Autonomy, Accountability and Working with Others	**SCQF 7** Working autonomously and reflectively but also developing skills in working with others i.e. taking account of own and others' roles and responsibilities in carrying out and evaluating tasks. Exercising some initiative and independence in carrying out defined activities at a professional level.

Prerequisites	**Module Code**	**Module Title**
	Other	
Co-requisites	**Module Code**	**Module Title**

Learning and Teaching	
In line with current learning and teaching principles, a 20-credit module includes 200 learning hours, normally including a minimum of 36 contact hours and maximum of 48 contact hours. The teaching and learning approach will be face-to-face delivery. Core theoretical content will be supplemented through weekly tasks. This content will link with the weekly face to face sessions comprising practical sessions and tutorial/workshop synchronous activities. Much of the learning will be achieved through formative practical application and discovery, directed independent study tasks, group work and/or class discussion.	
Learning Activities During completion of this module, the learning activities undertaken to achieve the module learning outcomes are stated below:	**Student Learning Hours** (Note: Learning hours include both contact hours and hours spent on other learning activities)
Lecture / Core Content Delivery	18
Tutorial / Synchronous Support Activity	6
Laboratory / Practical Demonstration / Workshop	30
Independent Study	246
n/a	
n/a	

TOTAL	300

Indicative Resources
The following materials form essential underpinning for the module content and ultimately for the learning outcomes: Recommended texts: Battista, R., Mayol, M., Hargens, T. and Everett, K.L. eds (2017). ACSM's Resources for the Personal Trainer. 5th ed. Philadelphia: Lippincott Williams & Wilkins. Bouchard, C., Blair, S., and Haskell, W. eds. (2012). Physical Activity and Health. Leeds: Human Kinetics. Corbin, C., Welk, G., Corbin, W. and Welk, K. (2018). Concepts of Fitness and Wellness: A comprehensive lifestyle approach. 12th ed. Maidenhead: McGraw-Hill. Rieger, T., Jones, B. and Jemenez, A. (2016). EuropeActive's Essentials for Personal Trainers. Leeds: Human Kinetics.
(N.B. Although reading lists should include current publications, students are advised (particularly for material marked with an asterisk*) to wait until the start of session for confirmation of the most up-to-date material)

Attendance and Engagement Requirements
In line with the Student Attendance and Engagement Procedure, Students are academically engaged if they are attending and participating in all timetabled programme activities including on-campus and online teaching sessions, asynchronous online learning activities, placement, work-based elements, course-related learning resources, and complete assessments and submit these on time. **For the purposes of this module, academic engagement equates to the following:** 100% Attendance at all module events and consistent weekly engagement with online materials.

Equality and Diversity
The University's Equality, Diversity and Human Rights Procedure can be accessed at the following link: UWS Equality, Diversity and Human Rights Code. In line with current legislation (Equality Act, 2010) and the UWS Equality, Diversity, and Human Rights Code, our modules are accessible and inclusive, with reasonable adjustment for different needs where appropriate. Module materials comply with University guidance on inclusive learning and teaching, and specialist assistive equipment, support provision and adjustment to assessment practice will be made in accordance with UWS policy and regulations. Where modules require practical learning or assessment, alternative formats and/or roles will be provided for students with physical disabilities which impact participation.
(N.B. Every effort will be made by the University to accommodate any equality and diversity issues brought to the attention of the School)

Supplemental Information

Divisional Programme Board	**Sport Exercise Health**
Overall Assessment Results	☐ **Pass / Fail** ☒ **Graded**

Module Eligible for Compensation	☐ **Yes** ☒ **No** **If this module is eligible for compensation, there may be cases where compensation is not permitted due to programme accreditation requirements. Please check the associated programme specification for details.**
School Assessment Board	Sport, Exercise & Health
Moderator	Colin Brow
External Examiner	E Bradley
Accreditation Details	
Module Appears in CPD catalogue	☐ **Yes** ☒ **No**
Changes / Version Number	2

Assessment (also refer to Assessment Outcomes Grids below)
Assessment 1
Class test.
Assessment 2
Portfolio of practical work.
Assessment 3
(N.B. (i) Assessment Outcomes Grids for the module (one for each component) can be found below which clearly demonstrate how the learning outcomes of the module will be assessed. (ii) An indicative schedule listing approximate times within the academic calendar when assessment is likely to feature will be provided within the Student Module Handbook.)

Component 1							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
Class test (written)	☒	☐	☐	☐	☐	30	1

Component 2							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
Portfolio of practical work	☐	☒	☒	☐	☐	70	0

Component 3							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
	☐	☐	☐	☐	☐		

Combined total for all components	100%	1 hours

Change Control

What	When	Who
From Hybrid to face to face, Removed reference to bi-weekly learning. Changed to weekly asynchronous tasks and weekly on-campus tutorials and practicals, Fundamentals of Sport and Exercise changed to Foundations of Sport and Exercise in Summary of Module section, Asynchronous activity changed to Lecture/Core content in Learning Activities section	13/02/2026	Mia Burleigh