

University of the West of Scotland

Module Descriptor

Session: 2022/23

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Status: Published

Title of Module: Physical Activity, Health, and Fitness
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Code: SPOR07022	SCQF Level: 7 (Scottish Credit and Qualifications Framework)	Credit Points: 30	ECTS: 15 (European Credit Transfer Scheme)
School:	School of Health and Life Sciences		
Module Co-ordinator:	Mia Burleigh		

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

Module Delivery Method					
Face-To-Face	Blended	Fully Online	HybridC	HybridO	Work-based Learning
	✓				
<p>Face-To-Face Term used to describe the traditional classroom environment where the students and the lecturer meet synchronously in the same room for the whole provision.</p> <p>Blended A mode of delivery of a module or a programme that involves online and face-to-face delivery of learning, teaching and assessment activities, student support and feedback. A programme may be considered "blended" if it includes a combination of face-to-face, online and blended modules. If an online programme has any compulsory face-to-face and campus elements it must be described as blended with clearly articulated delivery information to manage student expectations</p>					

Fully Online

Instruction that is solely delivered by web-based or internet-based technologies. This term is used to describe the previously used terms distance learning and e learning.

HybridC

Online with mandatory face-to-face learning on Campus

HybridO

Online with optional face-to-face learning on Campus

Work-based Learning

Learning activities where the main location for the learning experience is in the workplace.

Campus(es) for Module Delivery

The module will **normally** be offered on the following campuses / or by Distance/Online Learning: (Provided viable student numbers permit)

Paisley:	Ayr:	Dumfries:	Lanarkshire:	London:	Distance/Online Learning:	Other:
	✓		✓			

Term(s) for Module Delivery

(Provided viable student numbers permit).

Term 1	Term 2	Term 3
		✓

Learning Outcomes: (maximum of 5 statements)

On successful completion of this module the student will be able to:

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.

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)	<p>SCQF Level 7.</p> <p>Demonstrating a knowledge of fundamental concepts of physical activity, health and fitness.</p> <p>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.</p>
Practice: Applied Knowledge and Understanding	<p>SCQF Level 7.</p> <p>Applying the knowledge and skills in different types of physical activity, health and fitness environments.</p> <p>In using some of the basic and routine professional skills, techniques, practices and / or materials associated with physical activity, health and fitness.</p>
Generic Cognitive skills	SCQF Level 7.

	Presenting information and ideas that are routine to physical activity, health and fitness.
Communication, ICT and Numeracy Skills	SCQF Level 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 Level 7. Working autonomously and reflectively but also develop 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.

Pre-requisites:	Before undertaking this module the student should have undertaken the following:	
	Module Code:	Module Title:
	Other:	
Co-requisites	Module Code:	Module Title:

* Indicates that module descriptor is not published.

Learning and Teaching	
The teaching and learning approach will utilise a combination of online and face-to-face delivery. Core theoretical content will be delivered through bi-weekly live/synchronous events alongside weekly asynchronous materials. This content will link with weekly face to face sessions comprising practical sessions and tutorials. 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 (Normally totalling 200 hours): (Note: Learning hours include both contact hours and hours spent on other learning activities)
Tutorial/Synchronous Support Activity	6
Asynchronous Class Activity	18
Laboratory/Practical Demonstration/Workshop	30
Independent Study	246
	300 Hours Total

****Indicative Resources: (eg. Core text, journals, internet access)**

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)

Engagement Requirements

In line with the Academic Engagement Procedure, Students are defined as academically engaged if they are regularly engaged with timetabled teaching sessions, course-related learning resources including those in the Library and on the relevant learning platform, and complete assessments and submit these on time. Please refer to the Academic Engagement Procedure at the following link: [Academic engagement procedure](#)

Supplemental Information

Programme Board	Sport and Exercise
Assessment Results (Pass/Fail)	No
Subject Panel	Sport & Exercise L7-11
Moderator	Mike King
External Examiner	E Bradley
Accreditation Details	N/A
Changes/Version Number	1

Assessment: (also refer to Assessment Outcomes Grids below)

The assessments will require students to complete a class test (30%) and a portfolio of practical work (70%). The portfolio will include a practical assessment (30%) and documentation relating to the portfolio (40%).

Assessment 1. Class test.

Assessment 2. Portfolio of practical work.

(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 Handbook.)

Assessment Outcome Grids (Footnote A.)

Component 1

Assessment Type (Footnote B.)	Learning Outcome (1)	Learning Outcome (2)	Learning Outcome (3)	Weighting (%) of Assessment Element	Timetabled Contact Hours
Class test (written)	✓			30	0

Component 2

Assessment Type (Footnote B.)	Learning Outcome (1)	Learning Outcome (2)	Learning Outcome (3)	Weighting (%) of Assessment Element	Timetabled Contact Hours

Portfolio of practical work	✓	✓	70	0
Combined Total For All Components			100%	0 hours

Footnotes

- A. Referred to within Assessment Section above
 B. Identified in the Learning Outcome Section above

Note(s):

1. More than one assessment method can be used to assess individual learning outcomes.
2. Schools are responsible for determining student contact hours. Please refer to University Policy on contact hours (extract contained within section 10 of the Module Descriptor guidance note).
 This will normally be variable across Schools, dependent on Programmes &/or Professional requirements.

Equality and Diversity

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.

The UWS Equality and Diversity Policy is located here:

[UWS Equality and Diversity Policy](#)

(N.B. Every effort will be made by the University to accommodate any equality and diversity issues brought to the attention of the School)