



Module Descriptor

Title	Physical Activity and Health		
Session	2025/26	Status	Published
Code	SPOR09053	SCQF Level	9
Credit Points	20	ECTS (European Credit Transfer Scheme)	10
School	Health and Life Sciences		
Module Co-ordinator	Angela Beggan		
Summary of Module			
<p>This module explores the relationship between physical activity and human health across the lifespan. Insufficient physical activity is a complex global health problem that impacts both individuals and populations. This module establishes an evidence-based link between physical activity and health and considers how that evidence applies to public health and to everyday life. The module employs problem-based learning (PBL). This student-centred approach encourages learners to use reasoning and reflection to construct their own learning by working through cases or scenarios. PBL helps students develop critical thinking skills, encourages synthesis, and promotes innovation. Students will learn about a range of topics that include but are not limited to: Models of Health Determinants of Health Behavioural Epidemiology Exercise is Medicine Behaviour Change Chronic Conditions Obesity Ageing Mental Health</p> <p>Upon successful completion, this module develops the following graduate attributes:</p> <p>Universal – integrated application, critical understanding Work Ready – problem solving, evaluation, evidence-based practice Successful – autonomy, aware of the impacts of their practice</p>			

Module Delivery Method	On-Campus¹ <input type="checkbox"/>	Hybrid² <input checked="" type="checkbox"/>	Online³ <input type="checkbox"/>	Work -Based Learning⁴ <input type="checkbox"/>
Campuses for Module Delivery	<input type="checkbox"/> Ayr <input type="checkbox"/> Dumfries	<input checked="" type="checkbox"/> Lanarkshire <input type="checkbox"/> London	<input type="checkbox"/> Online / Distance Learning	

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

		<input type="checkbox"/> Paisley	<input type="checkbox"/> Other (specify)
Terms for Module Delivery	Term 1	<input checked="" type="checkbox"/>	Term 2 <input type="checkbox"/> Term 3 <input type="checkbox"/>
Long-thin Delivery over more than one Term	Term 1 – Term 2	<input type="checkbox"/>	Term 2 – Term 3 <input type="checkbox"/> Term 3 – Term 1 <input type="checkbox"/>

Learning Outcomes	
L1	Demonstrate a multi-faceted understanding of the relationship between physical activity and health.
L2	Synthesise evidence for a physical-activity-related problem.
L3	Apply developing specialist knowledge of physical activity intervention.
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 9 Demonstrating an understanding of the scope and defining features of physical activity and health, showing integrated knowledge of its main areas and boundaries. Showing some critical understanding of a range of principles, theories, concepts and terminology of physical activity and health related specialisms.
Practice: Applied Knowledge and Understanding	SCQF 9 Applying knowledge, skills and understanding to a range of the professional contexts. Developing skills in evaluation and interpretation of a variety of data forms
Generic Cognitive skills	SCQF 9 Undertaking critical analysis and synthesis of ideas, concepts, information and issues related to physical activity and health. Identifying and analysing routine professional problems and issues with promoting physical activity for health improvement. Drawing on a range of sources in making judgements.
Communication, ICT and Numeracy Skills	SCQF 9 Using a combination of routine skills and some new, specialised skills to present or convey, formally and informally, information on standard/mainstream topics in physical activity and health to an informed audience. Using a range of ICT applications to support and enhance work, and interpret/use some numerical and graphical data.
Autonomy, Accountability and Working with Others	SCQF 9 Exercising autonomy and initiative in completing module activities and assessments. Showing awareness of own and others' roles and responsibilities. Seeking guidance where appropriate; considering ethical and professional issues in accordance with current practices.

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

Learning and Teaching	
<p>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.</p> <p>The teaching and learning approaches in this module employ both asynchronous and in-person modes. Asynchronous activities provide the basis for tutorial tasks, independent learning, and reflection on key content areas. Weekly on-campus tutorials allow students to deepen understanding through active, problem-based learning and other tasks.</p>	
Learning Activities	Student Learning Hours
During completion of this module, the learning activities undertaken to achieve the module learning outcomes are stated below:	(Note: Learning hours include both contact hours and hours spent on other learning activities)
Lecture / Core Content Delivery	6
Tutorial / Synchronous Support Activity	18
Asynchronous Class Activity	12
Independent Study	164
n/a	
n/a	
TOTAL	200

Indicative Resources
<p>The following materials form essential underpinning for the module content and ultimately for the learning outcomes:</p> <p>American College of Sports Medicine (2021). ACSM's Guidelines for Exercise Testing and Prescription. 11th ed. Lippincott, Williams, and Wilkins: London.</p> <p>Dishman, R, Heath, G, Schmidt, M and Lee, I (2021), Physical Activity Epidemiology, 3rd ed. Human Kinetics, Leeds.</p> <p>Draper, N and Stratton, G (2019). Physical Activity: a Multi-disciplinary introduction. Routledge, Edinburgh.</p> <p>Kohl, H; Murray, T; and Salvo, D (2020). Foundations of Physical Activity and Public Health, 2nd ed. Human Kinetics, Leeds.</p>
<p>(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)</p>

Attendance and Engagement Requirements
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In line with the [Student Attendance and Engagement Procedure](#), Students are academically engaged if they are regularly attending and participating in timetabled on-campus and online teaching sessions, asynchronous online learning activities, 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	<input type="checkbox"/> Pass / Fail <input checked="" type="checkbox"/> Graded
Module Eligible for Compensation	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> 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	David Carless
External Examiner	S Robson
Accreditation Details	
Module Appears in CPD catalogue	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Changes / Version Number	2

Assessment (also refer to Assessment Outcomes Grids below)

Assessment 1

Creative output/ demonstration

Assessment 2

Case Study

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
Creative output/ Audiotapes/ Videotapes/ Games/ Simulations	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	40	0

Component 2							
Assessment Type	LO1	LO2	LO3	LO4	LO5	Weighting of Assessment Element (%)	Timetabled Contact Hours
Case study	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	60	0

Component 3							
Assessment Type	LO1	LO2	LO3	LO4	LO5	Weighting of Assessment Element (%)	Timetabled Contact Hours
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Combined total for all components						100%	0 hours

Change Control

What	When	Who
A&E as per SHE.	February 2025	Angela Beggan