Module Descriptor

Title	Physical Activity and Health		
Session	2026/27	**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

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

Upon successful completion, this module develops the following graduate attributes: Universal – integrated application, critical understanding Work Ready – problem solving, evaluation, evidence-based practice Successful – autonomy, aware of the impacts of their practice

Module Delivery Method	**On-Campus**[1] ☒	**Hybrid**[2] ☐	**Online**[3] ☐	**Work -Based Learning**[4] ☐
Campuses for Module Delivery	☐ Ayr ☐ Dumfries	☒ Lanarkshire ☐ London	☐ 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

			☐ Paisley		☐ 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 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	
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 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.	
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	18
Independent Study	164
n/a	
n/a	
n/a	
TOTAL	200

Indicative Resources
The following materials form essential underpinning for the module content and ultimately for the learning outcomes: American College of Sports Medicine (2021). ACSM's Guidelines for Exercise Testing and Prescription. 11th ed. Lippincott, Williams, and Wilkins: London. Dishman, R, Heath, G, Schmidt, M and Lee, I (2021), Physical Activity Epidemiology, 3rd ed. Human Kinetics, Leeds. Draper, N and Stratton, G (2019). Physical Activity: a Multi-disciplinary introduction. Routledge, Edinburgh. Kohl, H; Murray, T; and Salvo, D (2020). Foundations of Physical Activity and Public Health, 2nd ed. Human Kinetics, Leeds.
(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	David Carless
External Examiner	S Robson
Accreditation Details	
Module Appears in CPD catalogue	☐ **Yes** ☒ **No**
Changes / Version Number	3

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	☒	☐	☐	☐	☐	40	0

Component 2							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
Case study	☐	☒	☒	☐	☐	60	0

Component 3							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
	☐	☐	☐	☐	☐		
Combined total for all components						100%	0 hours

Change Control

What	**When**	**Who**
A&E as per SEH.	February 2025	Angela Beggan
Hours uplift	March 2026	Angela Beggan