Module Descriptor

Title	Clinical Exercise Physiology		
Session	2025/26	**Status**	Published
Code	SPOR10043	**SCQF Level**	10
Credit Points	10	**ECTS (European Credit Transfer Scheme)**	5
School	**Health and Life Sciences**		
Module Co-ordinator	Mia Burleigh		

Summary of Module

This module will advance understanding of the application of exercise physiology to clinical populations. The module has a specific focus on the dual role of exercise as both a method of assessment for prognosis, tracking changes in physical capacity due to adaptation or disease progression. Teaching on the module will include reviewing the underpinning epidemiology and pathophysiology of different conditions, analysing the underpinning physiology of different types of exercise testing, and the interpretation of exercise test data. The module will also explore the skills required to undertake assessments, and students will cover the main techniques associated with laboratory and field assessments of different populations.

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

Collaborative

Work Ready:

Problem -solver

Motivated

Potential Leader

Successful:

Innovative

Resilient

Transformational

Successful completion (including achieving a pass) of this module SPOR10043 Clinical Exercise Physiology by BSc (Hons) Sport & Exercise Science students* partially fulfils CIMSPA (the Chartered Institute for the Management of Sport and Physical Activity) endorsement for the professional standard: Working with People with Long Term Conditions (along with other modules, at L9 and L10, 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.

*The Working with People with Long Term Conditions is only available to BSc (Hons) Sport & Exercise Science (and those on the Physical Activity & Health pathway) students as it aligns with modules which are specific to this programme; students on other programmes can obtain CIMSPA professional standards across specific modules.

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	Critically review the limitations to exercise of a specific disease based on pathophysiology
L2	Perform specified exercise testing protocols and critically interpret and apply the results to selected conditions, with specific reference to the role of exercise as either an assessment or treatment.
L3	
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 10** Demonstrating a comprehensive knowledge of the physiological responses to exercise and predict the main effects of specific conditions on the exercise response.

[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

	Demonstrating an ability to critically analyse exercise data in reference to a specific condition.
Practice: Applied Knowledge and Understanding	**SCQF 10** Deploying and interpreting a range of both field and?laboratory skills to evaluate the influence of exercise on the physiological responses to exercise. Designing appropriate exercise taking into account the potential limitations imposed by specific conditions.
Generic Cognitive skills	**SCQF 10** Undertaking critical analysis, evaluation and synthesis of ideas, concepts, information and issues that are within the common understandings in the related disciplines. Critically identifying, defining, conceptualising and analysing complex problems and issues
Communication, ICT and Numeracy Skills	**SCQF 10** Presenting or conveying, formally and informally, information about contemporary issues in talent development. Using a range of ICT applications to support and enhance work at this level and adjust features to suit purpose. Interpreting, use and evaluate a wide range of numerical and graphical data to set and achieve goals/targets.
Autonomy, Accountability and Working with Others	**SCQF 10** Exercising autonomy and initiative in tutorials & workshops but also work as part of a team.

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 utilise a flexible, hybrid delivery. Synchronous sessions will focus on, practical skills development, data interpretation, problem-based learning sets, and informal discussion and debate. This will be supported via asynchronous activities and online materials, including recorded lectures via the virtual learning environment.	
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)
Laboratory / Practical Demonstration / Workshop	18

Independent Study	82
n/a	
n/a	
n/a	
n/a	
TOTAL	100

Indicative Resources
The following materials form essential underpinning for the module content and ultimately for the learning outcomes: LeMura, Linda M., and Serge P. Von Duvillard, eds. Clinical exercise physiology: application and physiological principles. Lippincott Williams & Wilkins. Skinner, James S., ed. Exercise testing and exercise prescription for special cases: theoretical basis and clinical application. Lippincott Williams & Wilkins. Ward S, and Palange, P (Eds) Clinical Exercise Testing. European Respiratory Society. Ehrman, Jonathan K., et al. Clinical exercise physiology. Human Kinetics. American College of Sports Medicine. ACSM's Clinical Exercise Physiology. Lippincott Williams & Wilkins.
(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 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	☐ **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	U Chris Ugbolue
External Examiner	A Tocknell
Accreditation Details	
Module Appears in CPD catalogue	☒ **Yes** ☐ **No**
Changes / Version Number	1

Assessment (also refer to Assessment Outcomes Grids below)
Assessment 1
Class test (practical)
Assessment 2
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 (practical)	☒	☒	☐	☐	☐	100	2

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

Component 3

Assessment Type	LO1	LO2	LO3	LO4	LO5	Weighting of Assessment Element (%)	Timetabled Contact Hours
	☐	☐	☐	☐	☐		
Combined total for all components						100%	2 hours

Change Control

What	When	Who
E&D and A&E as per SEH. MC TBC.	18/03/2025	Sarah Darroch