Module Descriptor

Title	Exercise Referral in Special Populations		
Session	2026/27	**Status**	Published
Code	SPOR10047	**SCQF Level**	10
Credit Points	20	**ECTS (European Credit Transfer Scheme)**	10
School	**Health and Life Sciences**		
Module Co-ordinator	Mark Sanderson		

Summary of Module

This module allows students to develop their knowledge of community-based exercise referral for the rehabilitation and/or management of health problems. Specifically, this module provides a critical understanding of how exercise prescription is used within an applied setting in populations with chronic health conditions, e.g. respiratory, neurological, cardiovascular, and musculoskeletal conditions. In addition to the critical review of the evidence base underpinning such exercise programmes, students will also have the opportunity to engage with these classes practically to supplement the theoretical knowledge and understanding.

This module will assist the student in the development of key 'I am UWS Graduate Attributes', including:

Universal:

Critical Thinker

Culturally aware

Socially Responsible

Work-ready:

Problem-solver

Effective communicator

Enterprising

Successful:

Innovative

Creative

Transformational

Successful completion (including achieving a pass) of this module SPOR10047 Exercise Referral in Special Populations 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 evaluate the effectiveness of exercise programmes in the rehabilitation and management of health conditions.
L2	Apply evidence-based rationale, concepts and applied knowledge to design appropriate exercise programmes for specific populations.
L3	Discuss the management of the exercise referral process and critically evaluate factors which may influence client engagement.
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 effects and application of exercise referral in populations with specific health conditions.

[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

Practice: Applied Knowledge and Understanding	**SCQF 10** Applying knowledge, skills and understanding to the practical application of exercise prescription.
Generic Cognitive skills	**SCQF 10** 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 exercise prescription. Using a range of ICT applications to support and enhance work at this level and adjust features to suit purpose. Interpreting, using and evaluating a wide range of numerical and graphical data to set and achieve goals/targets.
Autonomy, Accountability and Working with Others	**SCQF 9** Exercising autonomy and initiative in practical sessions 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 an on-campus and off-campus synchronous model of delivery. Core theoretical content will be predominantly delivered through a series of synchronous on-campus lectures. Other synchronous sessions will comprise of on-campus practical based workshops and off-campus practice-based learning in the community. Learning will be achieved through directed independent study tasks, group work and/or class discussion, and practical-based sessions.	
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	30
Practice-based Learning	6
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: Recommended texts: Ehrman J.K. et al. (2018) Clinical Exercise Physiology. 4th edn. Champaign, IL: Human Kinetics American College of Sports Medicine (2021) ACSM Guidelines for Exercise Testing and Prescription. 11th edn. Wolters Kluwer American College of Sports Medicine (2016) ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities. 4th edn. Champaign, IL: 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	Rachel Kimble
External Examiner	A Tocknell
Accreditation Details	
Module Appears in CPD catalogue	☐ **Yes** ☒ **No**
Changes / Version Number	3

Assessment (also refer to Assessment Outcomes Grids below)
Assessment 1
Essay.
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**
Essay	☒	☐	☒	☐	☐	60	0

Component 2							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
Portfolio of practical work	☐	☒	☐	☐	☐	40	6

Component 3							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
	☐	☐	☐	☐	☐		
Combined total for all components						100%	6 hours

Change Control

What	**When**	**Who**

Change of module delivery method to on-campus delivery. Update of face to face hours to meet UKVI compliance. Removed mention of asynchronous teaching delivery methods to reflect synchronous on-campus delivery method.	March 2026	Mark Sanderson