

Module code: MOD010875	Version: 1 Date Amended: 07/Mar/2025
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1. Module Title
Sport and Exercise Medicine

2a. Module Leader
Null

2b. School
School of Psychology, Sport and Sensory Sciences

2c. Faculty
Faculty of Science and Engineering

3a. Level
6

3b. Module Type
Standard (fine graded)

4a. Credits
30

4b. Study Hours
300

5. Restrictions			
Type	Module Code	Module Name	Condition
Pre-requisites:	None		
Co-requisites:	None		
Exclusions:	None		
Courses to which this module is restricted:	Applied Sports Science Sports Science for Health		

LEARNING, TEACHING AND ASSESSMENT INFORMATION

6a. Module Description

This module provides an in-depth study of how physical activity & exercise (and a reduction in sedentary behaviour) improve health and discusses how it may be promoted.

You'll expand and develop your knowledge gained at Levels 4 and 5 (Exercise Physiology, testing, research methods, and psychology) and apply this to the physiological and psychological aspects of health and disease. The focus will be on the relationship between physical activity, exercise, sedentary behaviour and health.

You'll analyse and discuss the role of exercise prescription in detail, showing how physical exertion can manifest itself in positive psychological, physiological, and metabolic adaptations. From this, you'll be able to make recommendations regarding the key factors required for a healthy lifestyle. The module will develop your theoretical and practical understanding by applying theories to real-life scenarios.

The module will help to develop the key employability skills related to IT, numeracy, and communication and will be taught through a combination of lectures and seminars. This module will be of particular interest to those who have an interest in health and wish to pursue a career in the exercise sciences.

6b. Outline Content

Indicative content will include:

- Epidemiology, aetiology and health economic burden of increasing physical inactivity and sedentary behaviour as a major public health problem of the 21st century.
- Benefits and limitations of exercise and physical activity (PA) in individuals who suffer from common medical conditions and diseases.
- Evidence-base for the impact of PA in the primary prevention and treatment of common chronic diseases. Examples include cardiovascular disease, diabetes and obesity, with relevant aetiology, anatomy, and pathophysiology.
- Mechanisms of the beneficial effects of exercise on the pathophysiology of such chronic diseases.
- Principles of exercise prescription.
- Typical motivations and barriers to increasing PA.
- Relevant behavioural psychology principles, theories and psychosocial impacts.
- Measurement of physical activity and sedentary behaviour.

6c. Key Texts/Literature

The reading list to support this module is available at: <https://readinglists.aru.ac.uk/>

6d. Specialist Learning Resources

Computer suite when required

7. Learning Outcomes (threshold standards)		
No.	Type	On successful completion of this module the student will be expected to be able to:
1	Knowledge and Understanding	Critically demonstrate the physiological, psychological and societal rationales to population physical activity promotion and sedentary behaviour reduction.
2	Knowledge and Understanding	Critically appraise the mechanisms leading to health improvement via physical activity participation and sedentary behaviour reduction.
3	Intellectual, practical, affective and transferrable skills	Apply critically evaluated public health knowledge to the development of physical activity promotion and sedentary behaviour reduction interventions.
4	Intellectual, practical, affective and transferrable skills	Apply methodological understanding to the assessment of free-living physical activity.
5	Intellectual, practical, affective and transferrable skills	Critically evaluate the potential role and impact of biopsychosocial factors in reducing inactivity and sedentary behaviour in the 21st century

8a. Module Occurrence to which this MDF Refers				
Year	Occurrence	Period	Location	Mode of Delivery
2026/7	ZZF	Template For Face To Face Learning Delivery		Face to Face

8b. Learning Activities for the above Module Occurrence			
Learning Activities	Hours	Learning Outcomes	Details of Duration, frequency and other comments
Lectures	60	1-5	3-hour lecture per week
Other teacher managed learning	20	1-5	Individual and small group seminars, and peer discussion/collaboration opportunities
Student managed learning	220	1-5	Additional reading, tasks, synthesis and assessment preparation
TOTAL:	300		

9. Assessment for the above Module Occurrence					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
010	Coursework	1,2,5	50 (%)	Fine Grade	30 (%)
2000- word written submission reviewing the conceptual and theoretical basis for Science & Exercise Medicine.					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
011	Practical	3,4,5	50 (%)	Fine Grade	30 (%)
20-minute presentation of a case study intervention showing the rationale, theoretical basis and prescription for a selected individual.					

In order to pass this module, students are required to achieve an overall mark of 40% (for modules at levels 3, 4, 5 and 6) or 50% (for modules at level 7*).

In addition, students are required to:

(a) achieve the qualifying mark for each element of fine graded assessment as specified above

(b) pass any pass/fail elements

[* the pass mark of 50% applies for all module occurrences from the academic year 2024/25 – see Section 3a of this MDF to check the level of the module and Section 8a of this MDF to check the academic year]