



Module Definition Form (MDF)

Module code: MOD011100	Version: 1 Date Amended: 02/Jun/2025
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1. Module Title
Health, Fitness and Training

2a. Module Leader
Andi Seago

2b. School
Faculty of Health, Education and Social Care at ARU Peterborough

2c. Faculty
ARU Peterborough

3a. Level
4

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:	None		

LEARNING, TEACHING AND ASSESSMENT INFORMATION

6a. Module Description

This module introduces you to key themes within exercise science providing a foundation for higher level study. In this module you will examine the parameters of fitness and principles of training and the application of this insight to enhancing exercise performance, health and wellbeing in the community. You will develop the knowledge and skills to design and deliver a gym based exercise programme for apparently healthy adults, young people (14-16) and older adults, and understand how and why to assess and improve components of health related fitness (body composition, muscular strength and endurance, flexibility and cardiovascular fitness). There will be a strong emphasis on the conceptual link between theory and practice within exercise and community settings, alongside the opportunity to establish the foundations of good laboratory practice by learning essential analytical techniques. This module will build your confidence in field and lab based testing, enhance your communication style, while your practical protocol management and team skills will be developed in each session – all of which are essential skills within exercise science and physical activity.

6b. Outline Content

Methods of exercise assessment on key physiological areas:

- energy supply
- musculoskeletal system
- cardiovascular system.

Practical exercise testing:

- Anaerobic and aerobic testing in a lab and/or field based setting
- principles of body composition assessment

6c. Key Texts/Literature

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

6d. Specialist Learning Resources

Respiratory and cardiovascular testing equipment
Lab space
Body composition testing equipment – calipers/scales etc.

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	Demonstrate ability to monitor and collect data in a laboratory setting
2	Knowledge and Understanding	Understand the fundamentals of exercise physiology analysis
3	Knowledge and Understanding	Have an awareness of different approaches to problems in limited complexity, and recognise strengths / weaknesses of these approaches
4	Intellectual, practical, affective and transferrable skills	Interpret, present and report on data collected from a laboratory assessment process
5	Intellectual, practical, affective and transferrable skills	Co-operate and work as a team in a laboratory or field setting
6	Intellectual, practical, affective and transferrable skills	Manage lab protocols safely, appropriately and effectively in order to collect useable data

8a. Module Occurrence to which this MDF Refers				
Year	Occurrence	Period	Location	Mode of Delivery
2025/6	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	24	1-6	Lectures, seminars and workshops 2hours x 12 weeks
Other teacher managed learning	36	1-6	Team based learning and group work 3hours x 12 weeks
Student managed learning	240	1-6	Weekly consolidation of taught material and assignment 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	1-6	50 (%)	Fine Grade	30 (%)

Portfolio/ logbook of evidence (1500 words equivalent)

Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
011	Practical	1-6	50 (%)	Fine Grade	30 (%)

Deliver a practical testing session with a client report (1500 words equivalent)

Assessment components for Element 011

Component No.	Assessment Title	Submission Method	Weighting (%)	Components needed for Mark Calculation?
011/1	Practical testing session		50 (%)	All
011/2	Client report		50 (%)	

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]