



Module Definition Form (MDF)

Module code: MOD011108	Version: 1 Date Amended: 02/Jun/2025
-------------------------------	---------------------------------------------

1. Module Title
Contemporary Issues in Exercise and Health Science

2a. Module Leader
Andi Seago

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

2c. Faculty
ARU Peterborough

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:	None		

LEARNING, TEACHING AND ASSESSMENT INFORMATION

6a. Module Description

The advancement of knowledge, applications and technology in the Exercise and Health Science domain is ever changing. In relation to this, each sub topic of the field has their own contemporary issues that are required to be explored further if all ethical, wellbeing and historical perspectives are to be considered. This module aims to provide you with insight into the most current topics that effect exercise and health both nationally and internationally from communicable and non communicable diseases to current trends and inequality. The module content will draw upon current innovative research and technology from these various academic and applied fields and look to engage you in an applied manner. To this end there will essentially be a range of topics taught throughout the module, but these topics will change depending on the key developments within the area. These areas will build on previously taught modules in an applied format to engage you in critical thinking.

This module aims to encourage you to recognise that within disciplines there are a variety of aspects to consider in wider contexts. For example understanding the reasons behind individuals engaging with poor nutritional choices, despite the number of side effects highlighted, will provide valuable insight into adopting effective communication and interventions when you go into industry. This module will help develop a number of transferable skills which include problem solving, creativity, research skills, thinking “outside the box” and further develop the ability to present. The material will be particularly useful for those of you interested in pursuing a career in health promotion, health coaching, exercise science support or teaching.

6b. Outline Content

Indicative content may include:

- **Emerging technologies in exercise monitoring:**
 - Wearable fitness trackers and their application in clinical settings
 - Real-time heart rate monitoring and data analysis
 - benefits and drawbacks, including increased reliance on technology
- **Personalised exercise prescription:**
 - Explore exercise guideline for different populations.
 - Genetic testing and its implications for exercise programming
 - Individualised training zones based on physiological data
 - Utilising cognitive factors in exercise design
- **Specific populations and conditions:**
 - The positive impacts of physical activity on mental wellbeing
 - Mental health considerations
 - Adaptations and prescription
 - Current trends
- **Integrative approaches to exercise prescription:**
 - Combining exercise with nutrition and behavioural therapy
 - Telehealth and virtual exercise delivery
 - Mindfulness and stress management techniques within exercise programmes
 - The psychological and behavioural principles of the development of physical activity and exercise interventions
- **Social issues:**
 - Exploring how exercise can influence and be influenced by societal norms and values
 - Social equity, inclusivity, and stereotypes
- **The business of exercise:**
 - The commercialisation and professionalism of exercise
 - Ethical considerations
 - The role of media and advertising

6c. Key Texts/Literature

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

6d. Specialist Learning Resources

None

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	Identify and explain current theories and models within exercise and health science .
2	Knowledge and Understanding	Demonstrate an understanding of the role of the person and the environment in exercise and health behaviour.
3	Knowledge and Understanding	Critically analyse a contemporary issue within exercise and health science.
4	Intellectual, practical, affective and transferrable skills	Demonstrate ability to research a current issue and devise a critically thought-out solution.
5	Intellectual, practical, affective and transferrable skills	Critically analyse and integrate theories and research from various domains.
6	Intellectual, practical, affective and transferrable skills	Apply critically evaluated knowledge to the development of interventions.

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	60	1-6	20 weeks x 3 hours of lectures across
Other teacher managed learning	28	1-6	6 hours of formative assessments and 2 tutorials 20 hours of directed study and canvas tasks
Student managed learning	212	1-6	Assessment prep and self directed study
TOTAL:	300		

9. Assessment for the above Module Occurrence					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
010	Practical	1-3	50 (%)	Fine Grade	30 (%)
Presentation/ Digital story telling (2000 words equivalent)					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
011	Coursework	4-6	50 (%)	Fine Grade	30 (%)
Intervention portfolio (2500 words equivalent)					

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]