

Course Content

Course title: **BSc Health, Exercise and Physical Activity**

Level: **6**

Course Units

EXERCISE PROGRAMMING FOR MEDICALLY REFERRED AND DISABLED CLIENTS

This unit will further develop and refine the skills required of an advanced instructor working with people with specific chronic conditions and disabilities. You will learn about the effects of these conditions and disabilities on physiology and anatomy, and will be able to put theory into practise during the supervised one-to-one training sessions with local real-life client groups. Exercise programmes will reflect the individual needs of these clients as well as developing their functional capabilities by incorporating activities of daily living.

HEALTH PSYCHOLOGY: PROMOTING HEALTH BEHAVIOUR

This unit aims to provide a comprehensive examination of key topics within health psychology relating to the promotion of health and the understanding of why (or why not) people engage in healthy behaviour. Within each area of study, theories, research, applications to applied settings and current debates will be explored.

PROJECT

The project is an opportunity for you to investigate an area of specific interest in depth and present a detailed written report of the findings. This might include factors affecting exercise adherence, the efficacy of different training methods, or any other area of fitness training that interests you and warrants further investigation. You will work closely with a project supervisor