

PHYSICAL ACTIVITY AND HEALTH (LEVEL 7)

UNIT TITLE	PHYSICAL ACTIVITY AND HEALTH (LEVEL 7)		
BRIEF SUMMARY	The overall aim of this unit is for students to critically explore the relationship between physical activity and health, and critique public health interventions and the broader policy context relating to promoting activity.		
UNIT CODE NUMBER	2CP3D922		
HOME PROGRAMME	Modular Programme		
HOME DEPARTMENT	Nursing		
SUBJECT AREA	Health Visiting / Health Studies / Statement of common purpose for subject benchmark statements for the Health and Social Care Professions		
UNIT LEADER(S)	Joanna Dunn		
CREDIT VALUE	20	CREDITS AT LEVEL:	7
AMOUNT OF STUDENT EFFORT (HOURS)	200	LEARNING OPPORTUNITIES (HOURS)	Tutor-led learning (including Inter-alia formal lectures, directed study, tutorials) 60 hours Independent student learning 140
UNIT STATUS	Elective		
PRE-REQUISITES	None		
CO-REQUISITES	None		
UNIT LEARNING OUTCOMES	Students will: 1. critically evaluate research on the influence of physical activity on health and wellbeing. 2. critically evaluate research, models and theories of exercise adherence and explore factors affecting uptake of physical activity. 3. critically analyse interventions aiming to increase activity levels at an individual, community and national level, and provide original perspectives for suggested initiatives. 4. explore and critically analyse broader policy issues related to physical activity.		
CURRICULUM OUTLINE	Critical evaluation of the evidence base on the impact of physical activity on both physical and psychological health; risks of physical activity; current levels of physical activity; recommended levels of activity; inequalities in physical activity; attitudes towards activity; disability and physical activity; risk assessment in physical activity promotion; exercise prescription; effectiveness of public health approaches and strategies to increase physical activity levels; critique of Government policy relating to physical activity; physical activity and transport; physical activity and obesity strategies.		
TEACHING AND LEARNING STRATEGIES	This unit will use a range of teaching methods which may include e-learning, lectures, workshops, tutorials and directed study. It is anticipated that the majority of teaching will be by e-learning.		
ASSESSMENT STRATEGY	A summative assessment in two parts: 1) a presentation and accompanying synopsis (equivalent to 1500 words) addressing learning outcome 1. 2) A written assignment of 3,000 words that addresses learning outcomes 2-4.		
ASSESSMENT CRITERIA FOR	Level 7 grading criteria apply		

UNIT/ELEMENTS OF ASSESSMENT	
INDICATIVE STUDENT LEARNING RESOURCES	<p>Biddle, S (2006) <u>The psychology of physical activity: determinants, well-being and interventions</u>. (2nd ed). Routledge, London.</p> <p>Biddle, S. Fox, K. and Boutcher S. (2003) <u>Physical activity and psychological wellbeing (electronic resource)</u> Routledge, London.</p> <p>Bouchard, C. Blair, S. and Haskell, W. (2006) <u>Physical activity and health</u>. Human Kinetics, Leeds.</p> <p>Cale L, and Harris, J. (2005) <u>Exercise and young people: issues, implications and initiatives</u>. Palgrave Macmillan, Basingstoke.</p> <p>Department of Health (2004) <u>At least five a week: evidence on the impact of physical activity and its relationship to health. A report from the Chief Medical Officer</u>. DH. London.</p> <p>Department of Health (2005) <u>Choosing Activity: a physical activity action plan</u>. DH. London.</p> <p>National Institute for Health and Clinical Excellence (2006) <u>Public Health Intervention Guidance: Four commonly used methods to increase physical activity</u>. www.nice.org.uk</p> <p>Hillsdon M, Foster C and Thorogood M (2005) <u>Interventions for promoting physical activity</u>. Cochrane Database of Systematic Reviews.</p> <p>Journal of Physical Activity and Health</p>

ANY ADDITIONAL NOTES AND COMMENTS	<p>Key Words: Public Health, Physical activity, lifestyle and behaviour change</p> <table border="1"> <tr> <td colspan="2">KSF Competencies</td></tr> <tr> <td colspan="2">This unit meets some or all elements of the following Core KSF Competencies (tick as appropriate)</td></tr> <tr> <td>Communication</td><td></td></tr> <tr> <td>Personal and people development</td><td>X</td></tr> <tr> <td>Health, safety and security</td><td></td></tr> <tr> <td>Service improvement</td><td>x</td></tr> <tr> <td>Quality</td><td>x</td></tr> <tr> <td>Equality and diversity</td><td></td></tr> <tr> <td colspan="2">This unit meets some or all elements (not specified) of the following</td></tr> </table>	KSF Competencies		This unit meets some or all elements of the following Core KSF Competencies (tick as appropriate)		Communication		Personal and people development	X	Health, safety and security		Service improvement	x	Quality	x	Equality and diversity		This unit meets some or all elements (not specified) of the following	
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	non-core aspects of the KSF (tick as appropriate)	
	Health and Wellbeing	x
	Estates and Facilities	
	Information and Knowledge	
	General	

<i>DATE OF APPROVAL</i>	02 May 2007
<i>DATE OF MOST RECENT CONSIDERATION:</i>	