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EXERCISE FOR SPECIAL POPULATIONS - SS527

Looking for a different module?

Location	Term	Level 1 (#info)	Credits (ECTS) 2 (#info)	Current Convener 3 (#info)	2021 to 2022
Canterbury	Spring	5	15 (7.5)		✓

Overview

The topic areas covered in this module build upon the knowledge gained in SS348 Introduction to Fitness Testing & SS570 Fitness Training Methods, which covers the fundamental aspects of exercise testing and prescription. Special populations are those groups of individuals that may need some adaptation or modification to an exercise prescription or programme, to take into consideration a limitation, whether that be physiological, biological or psychosocial. The emphasis is on promoting health, fitness and safety in exercise, as well as some consideration being given to performance environments.

A synopsis of topics included in this module are:

- Exercise, physical activity & health
- Fitness assessment issues related to special population groups
- Children & physical activity
- Females & exercise issues
- Exercise considerations for a sedentary population
- Exercise & the older adult
- Special Exercise considerations & adaptations for special populations
- Risks & benefits of exercise for special populations
- Psychosocial issues & strategies for exercise / physical activity adherence

Details

Contact hours

1 hour lecture and 1 hour seminar

Method of assessment

Examination 100%

Indicative reading

ACSM (2010) ACSM's Guidelines for Exercise Testing and Prescription. 8th Ed. Maryland: Lippincott Williams & Wilkins.

Howley, E.T. & Franks, B.D. (2003) Health Fitness Instructor's Handbook. 4th Ed. Champaign, Illinois: Human Kinetics

Wilmore, J.H., Costill, D.L. & Kenney, W.L. (2008) Physiology of Sport & Exercise (4th Ed.) Illinois: Human Kinetics

[See the library reading list for this module \(Medway\)](#)

<https://medway.rl.talis.com/modules/ss527.html>

Learning outcomes

On successful completion of the module students will be able to:

12.1 Evaluate the role of exercise / physical activity for special population groups.

12.2 Explain appropriate adaptation of exercise / physical activity for special population groups.

12.3 Recommend appropriate exercise / physical activity for special population groups

Notes

1. **Credit level 5.** Intermediate level module usually taken in Stage 2 of an undergraduate degree.
2. **ECTS credits** are recognised throughout the EU and allow you to transfer credit easily from one university to another.
3. **The named convenor** is the convenor for the current academic session.

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