

360-729 Exercise for Women

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| Credit Points: | 12.500 |
| Level: | Graduate/Postgraduate |
| Dates & Locations: | 2008, This subject commences in the following study period/s: Semester 1, - Taught on campus. Semester 2, - Taught on campus. |
| Time Commitment: | Total Time Commitment: Students should expect to commit 120 hours of study to successfully complete this subject. This will include 64 hours; lectures, seminars, problem based learning, tutorials, practical sessions, clinical practice and time to complete assessable work. |
| Prerequisites: | None |
| Corequisites: | None |
| Recommended Background Knowledge: | None |
| Non Allowed Subjects: | None |
| Core Participation Requirements: | <p><p>For the purposes of considering request for Reasonable Adjustments under the Disability Standards for Education (Cwth 2005), and Student Support and Engagement Policy, academic requirements for this subject are articulated in the Subject Overview, Learning Outcomes, Assessment and Generic Skills sections of this entry.</p> <p>It is University policy to take all reasonable steps to minimise the impact of disability upon academic study, and reasonable adjustments will be made to enhance a student's participation in the University's programs. Students who feel their disability may impact on meeting the requirements of this subject are encouraged to discuss this matter with a Faculty Student Adviser and Student Equity and Disability Support: http://services.unimelb.edu.au/disability</p></p> |
| Subject Overview: | <p>On completion of this subject, students will have had the opportunity to develop the following specific skills:</p> <ul style="list-style-type: none"> # Plan, deliver and evaluate appropriate exercise programs for specific women's groups within the community # Understand the impact of exercise on the altered physiology, pathophysiology and psychology of pregnancy, menopause, ageing and osteopenia/ osteoporosis. # Identify the legal and safety issues associated with leading exercise classes for women with specific physical needs. # Understand the motivational and marketing aspects of leading community and hospital based exercise classes. |
| Assessment: | Two written assignments of 2000 words (60%), practical assessment (40%) |
| Prescribed Texts: | Sapsford R, Bullock-Saxton J, Markwell S (1998) Women's Health. A textbook for Physiotherapists. London, WB Saunders |
| Breadth Options: | This subject is not available as a breadth subject. |
| Fees Information: | Subject EFTSL, Level, Discipline & Census Date, http://enrolment.unimelb.edu.au/fees |
| Generic Skills: | <p>On completion of the subject, students will have had the opportunity to develop the following generic skills:</p> <ul style="list-style-type: none"> # An understanding of professional responsibility and ethical principles in relation to individuals and community, both locally and internationally # An ability to evaluate and synthesise the research and professional literature in this area # An understanding of the significance and value of their knowledge to the wider community # An appreciation of a team approach to learning |
| Related Course(s): | Specialist Certificate in Physiotherapy (Exercise for Women) |