

513-414 Exercise Prescription & Health Promotion

Credit Points:	6.25
Level:	4 (Undergraduate)
Dates & Locations:	2009, This subject commences in the following study period/s: May, - Taught on campus.
Time Commitment:	Contact Hours: 36 hours lectures and practical classes Total Time Commitment: Students will need to allow time for self-directed learning. The following hours are given as minimum requirements: 1 hour pre/post reading for lectures, 2 hours per hour of tutorial sessions and 2 hours extra per week for practical classes. Fourth year students will need to spend approximately 2 hours per day in study and at least 2 extra hours per week practising clinical skills.
Prerequisites:	This subject is not available as a single subject. Students must be currently enrolled in the Bachelor of Physiotherapy to undertake this subject.
Corequisites:	None
Recommended Background Knowledge:	None
Non Allowed Subjects:	None
Core Participation Requirements:	<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>
Coordinator:	Ms Debra Jane Virtue
Subject Overview:	This subject allows students to develop skills in prescribing and delivering group exercise classes to promote health and fitness for those within the community with specific needs. Students will learn the educative and health promotion role of the physiotherapist in promoting safe participation in exercise in the community for all people across the lifespan. They will explore the evidence available for the effectiveness of exercise programs in the community.
Objectives:	Students on completion of this subject will be able to: <ul style="list-style-type: none"> # Identify populations that have special exercise needs # Describe factors that may influence effective exercise leadership and class delivery # Describe the specific goals of exercise relevant to each special population considered # Describe the relevant components of an exercise program for each special population considered # Discuss the exercise modifications that may be appropriate for each special population considered # Gain an understanding of the role of physiotherapy in health promotion # Gain an understanding of the evidence for exercise in a variety of different populations
Assessment:	Exercise class presentation (50%), and a written assignment of no more than 1,500 words (50%).
Prescribed Texts:	None

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:	On completion of this subject, students will be able to: <ul style="list-style-type: none"># Demonstrate oral communication skills# Develop leadership skills# Apply evidence of new research data to practice