

PHTY90058 Exercise for Women

Credit Points:	12.50
Level:	9 (Graduate/Postgraduate)
Dates & Locations:	2011, Hawthorn This subject commences in the following study period/s: Semester 1, Hawthorn - Taught on campus. Semester 2, Hawthorn - Taught on campus. NA
Time Commitment:	Contact Hours: This will include 64 hours; lectures, seminars, problem based learning, tutorials, practical sessions, clinical practice and time to complete assessable work. Total Time Commitment: Students should expect to commit 120 hours of study to successfully complete this subject.
Prerequisites:	nil
Corequisites:	nil
Recommended Background Knowledge:	nil
Non Allowed Subjects:	nil
Core Participation Requirements:	For the purposes of considering requests for Reasonable Adjustments under the Disability Standards for Education (Cwth 2005), and Students Experiencing Academic Disadvantage Policy, academic requirements for this subject are articulated in the Subject Description, Subject Objectives, Generic Skills and Assessment Requirements of this entry. The University is dedicated to provide support to those with special requirements. Further details on the disability support scheme can be found at the Disability Liaison Unit website: http://www.services.unimelb.edu.au/disability/
Contact:	Melbourne Consulting and Custom Programs level 3, 442 Auburn Rd Hawthorn VIC 3122 Phone: 9810 3393 Email; mccp.enquiries@mccp.unimelb.edu.au
Subject Overview:	Please note: MCCP is not currently accepting enrolments into this subject. Please see 513642 This subject comprises 4 modules: Exercise for the childbearing year, exercise for bone health, exercise for the older woman and exercise class programming. An introduction to evidence based practice and computer medical database searching will be provided. Exercise for the childbearing year comprises the study of the physiology of pregnancy, the impact of vigorous activity on maternal and foetal physiology, post-natal recovery including pelvic floor rehabilitation, exercise prescription, 0delivery and the evaluation of pre and post-natal exercise programs. Exercise for bone health comprises the study of bone physiology, the impact of and interaction between hormonal environmental and lifestyle factors on bone health, assessment and treatment by exercise of osteopenia and osteoporosis, evaluation of exercise programs for bone health. Exercise for the older woman comprises the study of physiology of ageing tissues including the effects of menopause, the effect of activity on ageing tissues, exercise prescription delivery and evaluation of exercise programs for the elderly. Exercise class programming involves study of the practical aspects of group management, leadership, motivation, use of equipment, specialist exercise regimes, use of music, and marketing, legal and safety issues.
Objectives:	On completion of this subject, students will have had the opportunity to develop the following specific skills: <ul style="list-style-type: none"> • Plan, deliver and evaluate appropriate exercise programs for specific women's groups within the community

	<ul style="list-style-type: none"> • 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. <p>Understand the motivational and marketing aspects of leading community and hospital based exercise classes.</p>
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
Recommended Texts:	Na
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
Links to further information:	www.mccp.unimelb.edu.au