

## PHTY40009 Exercise Prescription & Health Promotion

<b>Credit Points:</b>	6.25
<b>Level:</b>	4 (Undergraduate)
<b>Dates &amp; Locations:</b>	2012, Parkville This subject commences in the following study period/s: January, Parkville - Taught on campus.
<b>Time Commitment:</b>	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.
<b>Prerequisites:</b>	This subject is not available as a single subject. Students must be currently enrolled in the Bachelor of Physiotherapy to undertake this subject.
<b>Corequisites:</b>	None
<b>Recommended Background Knowledge:</b>	Years 1, 2 and 3 of the Bachelor of Physiotherapy.
<b>Non Allowed Subjects:</b>	None
<b>Core Participation Requirements:</b>	None
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<b>Subject Overview:</b>	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.
<b>Objectives:</b>	Students on completion of this subject will be able to: <ul style="list-style-type: none"> <li># Identify populations that have special exercise needs</li> <li># Describe factors that may influence effective exercise leadership and class delivery</li> <li># Describe the specific goals of exercise relevant to each special population considered</li> <li># Describe the relevant components of an exercise program for each special population considered</li> <li># Discuss the exercise modifications that may be appropriate for each special population considered</li> <li># Gain an understanding of the role of physiotherapy in health promotion</li> <li># Gain an understanding of the evidence for exercise in a variety of different populations</li> </ul>
<b>Assessment:</b>	Exercise class presentation (50%), and a written assignment of no more than 1,500 words (50%).

<b>Prescribed Texts:</b>	None
<b>Breadth Options:</b>	This subject is not available as a breadth subject.
<b>Fees Information:</b>	Subject EFTSL, Level, Discipline & Census Date, <a href="http://enrolment.unimelb.edu.au/fees">http://enrolment.unimelb.edu.au/fees</a>
<b>Generic Skills:</b>	On completion of this subject, students will be able to: <ul style="list-style-type: none"><li># Demonstrate oral communication skills</li><li># Develop leadership skills</li><li># Apply evidence of new research data to practice</li></ul>