

MSc / PGDip / PGCert Exercise and Physical Activity for Special Populations and Healthy Ageing

Programme Specification



<p>1. Programme title</p>	<p>MSc Exercise and Physical Activity for Special Populations and Healthy Ageing PG Diploma Exercise and Physical Activity for Special Populations and Healthy Ageing PG Certificate Exercise and Physical Activity for Special Populations and Healthy Ageing</p>
<p>2. Awarding institution</p>	<p>Middlesex University</p>
<p>3. Teaching institution</p>	<p>Middlesex University</p>
<p>4. Details of accreditation by professional/statutory/regulatory body</p>	
<p>5. Final qualification</p>	<p>MSc Exercise and Physical Activity for Special Populations and Healthy Ageing PG Diploma Exercise and Physical Activity for Special Populations and Healthy Ageing PG Certificate Exercise and Physical Activity for Special Populations and Healthy Ageing</p>
<p>6. Year of validation Year of amendment</p>	<p>2019-2020</p>
<p>7. Language of study</p>	<p>English</p>
<p>8. Mode of study</p>	<p>Full-time, Part-time (MSc only)</p>

9. Criteria for admission to the programme

Students will require an undergraduate degree in a sport or exercise related field (2.2 or above). Students with undergraduate degrees in non-related areas will be considered subject to relevant industry experience and professional qualifications.

Alternatively, prospective students who have substantial experience in the area and/or completed vocational qualifications, will be considered via interview.

Students for whom English is a second language must have achieved IELTS 6.5 (with minimum 6.0 in all components) or equivalent.

If you have relevant qualifications or work experience, academic credit may be awarded towards your Middlesex University programme of study. For further information please visit our [Accreditation of Prior Learning page \(https://www.mdx.ac.uk/study-with-us/undergraduate/entry-requirements-for-undergraduates/recognition-of-previous-learning\)](https://www.mdx.ac.uk/study-with-us/undergraduate/entry-requirements-for-undergraduates/recognition-of-previous-learning).

10. Aims of the programme

Students will come from a range of health and fitness backgrounds (eg personal trainers, community health professionals, physiotherapists) and this will contribute to their inter-professional approach to the learning. The programme offers entry for PG Dip. And PG Cert. to students who might already have a higher degree (such as physiotherapists) and wish to extend their professional skills.

The programme aims:

1. To offer students a thorough academic and practitioner knowledge to work with adults in the general population who have diagnosed or undiagnosed chronic conditions.
2. To strategise physical activity needs from an individual basis to community, national and international policy level.
3. To be able to work in both specialised and general environments. This programme fills a practitioner gap in industry.
4. To recognise the health status of an individual to determine the appropriate evidence-based interventions.
5. To facilitate the recovery of function and return to health using evidence-based therapeutic, nutrition and exercise interventions, working in partnership with other professionals as appropriate.
6. To develop praxis, particularly in the work placement module, to develop their own practitionership through the cross fertilisation of academic knowledge and practice. (subject to COVID-19 restrictions).

This programme fits in with the London Sports Institute suite of PG programmes and the national occupational standards for clinical exercise with special populations as outlined by Skills Active (NOS D513-522) and CIMSPA NOS Working with People with Long Term Conditions V1.0.

11. Programme outcomes*

A. Knowledge and understanding

On completion of this programme the successful student will have knowledge and understanding to:

1. Apply appropriate research methodology in order to advance existing knowledge and inform practice

Teaching/learning methods

Students gain knowledge and understanding through a blended learning approach of online learning materials, recorded lectures, online live seminars and tutorials. Subject to Covic-19 restrictions, four consecutive days in the middle of the 2nd semester on campus

<ol style="list-style-type: none"> 2. Demonstrate a critical knowledge and understanding of nutrition and clinical science and apply this to the understanding of the health status of individuals, to determine appropriate evidence-based interventions 3. Demonstrate a critical understanding of the ethical principles and professional codes of practice when working with clients for exercise prescription. 4. Systematically analyse, evaluate and synthesize a range of advanced theoretical approaches to exercise prescription and understand how to creatively apply these to aid recovery to health 	<p>will cover all practical work. Supervised placement work will be subject to Covid-19 restrictions.</p> <p>Assessment methods Students' knowledge and understanding is assessed through a wide range of methods which will assess both clinical reasoning and skills. These will include written and practical examinations, viva voce presentations, dissertation, placement journal and coursework assignments.</p>
<p>B. Skills On completion of this programme the successful student will be able to:</p> <ol style="list-style-type: none"> 1. Critically evaluate research and published literature, debate and articulate ideas, protocols and actions 2. Demonstrate an ability to work independently and responsibility as an advanced practitioner in dealing with the elements of unpredictability and complexity that present in practice. 3. Critically reflect and discourse practice understanding to a wider knowledgeable audience, including understanding of practice within a local, regional and national context 4. Evaluate practitioner performance from an advanced theoretical perspective through reflective practice and integrate new understanding into future performance 	<p>Teaching/learning methods Students learn skills through a blended learning approach of online learning materials, recorded lectures, online live seminars and tutorials. Subject to Covid-19 restrictions, four consecutive days in the 2nd semester will cover all practical work. . Students acquire personal and enabling skills through reflective practice work, peer review assessments, and independent study.</p> <p>Assessment methods Students' skills are assessed by written work, seminars group work, practical examinations, presentations to their peers and placement journal.</p>

12. Programme structure (levels, modules, credits and progression requirements)

12. 1 Overall structure of the programme

MSc Exercise and physical Activity for Special Populations and Healthy Ageing (Full Time)				
SES 4041	SES 4060	SES 4030	SES 4013	SES 4095
Exercise Prescription and Management for Special Populations and Healthy Ageing	Clinical Science and Nutrition	Research Methods	Professional Placement	Dissertation
30 Credits	30 Credits	30 Credits	30 Credit	60 Credits
Semester 1 and 2	Semester 1 and 2	Semester 1	Semester 2 and 3	Semester 3
Core	Core	Shared	Shared	Shared

MSc Exercise and physical Activity for Special Populations and Healthy Ageing (Part Time)				
Year 1			Year 2	
SES 4041	SES 4060	SES 4030	SES 4013	SES 4095
Exercise Prescription and Management for Special Populations and Healthy Ageing	Clinical Science and Nutrition	Research Methods	Professional Placement	Dissertation
30 Credits	30 Credits	30 Credits	30 Credit	60 Credits
Semester 1 and 2	Semester 1 and 2	Semester 1	Semester 1, 2, 3	Semester 1, 2, 3
Core	Core	Shared	Shared	Shared

Post Graduate Diploma MSc Exercise and physical Activity for Special Populations and Healthy Ageing (Full Time) Year 1			
SES 4041	SES 4060	SES 4030	SES 4013
Exercise Prescription and Management for Special Populations and Healthy Ageing	Clinical Science and Nutrition	Research Methods	Professional Placement
30 Credits	30 Credits	30 Credits	30 Credit
Semester 1 and 2	Semester 1 and 2	Semester 1	Semester 2 and 3
Core	Core	Shared	Shared

Post Graduate Certificate MSc Exercise and physical Activity for Special Populations and Healthy Ageing (Full Time) Year 1	
SES 4041	SES 4060
Exercise Prescription and Management for Special Populations and Healthy Ageing	Clinical Science and Nutrition
30 Credits	30 Credits
Semester 1 and 2	Semester 1 and 2
Core	Core

12.2 Levels and modules

Starting in academic year 2010/11 the University is changing the way it references modules to state the level of study in which these are delivered. This is to comply with the national Framework for Higher Education Qualifications. This implementation will be a gradual process whilst records are updated. Therefore the old coding is bracketed below.

Level 7

COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS
Students must take all of the following: SES4041 SES4060 SES4030 SES4013 SES4095		Must complete SES4030 (Research Methods) before progressing onto SES4095 (Dissertation).

12.3 Non-compensatable modules (note statement in 12.2 regarding FHEQ levels)	
Module level	Module code
Level 7	No module may be compensated

13. Curriculum map
See attached.

14. Information about assessment regulations
<p>The following reference points were used in designing the Programme.</p> <p>Internal Documentation:</p> <ul style="list-style-type: none"> • MU Learning and Quality Enhancement Handbook 2018/19 • Middlesex University Regulations 2019/20 <p>External Documentation:</p> <ul style="list-style-type: none"> • Quality Assurance Agency (2014) The Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies, Gloucester: QAA

15. Placement opportunities, requirements and support
<p>Students are required to complete a minimum set of hours for their work placement. Students are encouraged to explore organisations that work within the student's area of interest (relevant to their programme) and suitable applications are supported by the Programme Leader.</p> <p>Where a student is not already working within a field relevant to their programme of study, programme staff may be able to advise of suitable work placements. It is typical that interviews will be required for popular placements; therefore, the University offers no guarantee of work.</p> <p>Due to COVID-19 there may be governmental/organisational restrictions in place that may hinder students from undertaking/completing a placement. In this scenario, students will be provided the opportunity to undertake an alternative method of assessment to be able to complete the module successfully.</p>

16. Future careers (if applicable)
<p>Career opportunities (full-time and part-time) exist for well-qualified special populations specialists in both the private and public sectors.</p> <p>Previous graduates in 'Special Populations' have gained employment: Coordinating and implementing exercise programmes for dementia sufferers and their carers in Brent Establishing special populations clinics across the UK for a national gym chain Developing a local community exercise programme for the local population in Camden</p>

Working with Cancer sufferers in Oslo
Working for the Ministry of Defense

Graduates will also be capable of establishing their own consultancy business or progressing to additional study/research including MPhil/PhD.

17. Particular support for learning (if applicable)

Gym, lab and classroom facilities are available within the university, as are software packages accessible for students to complete all work required such as Office 365, SPSS and NVIVO. (Access to campus & equipment may be subject to COVID-19 restrictions. Where possible, software will be virtualised to allow student access remotely).

Course content can also be accessed on and off site via the university MyUniHub platform, where lecture notes, reading material and journals are available.

The university provides Library Facilities and Academic Writing and Statistical support which can be accessed via UniHelp.

18. JACS code (or other relevant coding system)

B990

19. Relevant QAA subject benchmark group(s)

QAA Subject: Allied to Health Professionals

20. Reference points

The following reference points were used in designing the Programme.

Internal Documentation:

Internal Documentation:

- MU Learning and Quality Enhancement Handbook 2018/19
- Middlesex University Regulations 2019/20

External Documentation:

- Quality Assurance Agency (2014) The Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies, Gloucester: QAA

<https://www.qaa.ac.uk>

21. Other information

Please note programme specifications provide a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve if s/he takes full advantage of the learning opportunities that are provided. More detailed information about the programme can be found in the rest of your programme handbook and the university regulations.

Curriculum map for Exercise and Physical Activity for Special Populations and Healthy Ageing

Programme Outcomes (Assessed) MSc. Exercise and Physical Activity for Special Populations and Healthy Ageing

Module Title	Module Code									
		A1	A2	A3	A4	B1	B2	B3	B4	
Clinical science and Nutrition	SES 4060		X	X						
Exercise prescription and management for special populations and healthy ageing	SES 4041			X	X			X	X	
Professional Placement	SES 4013						X		X	
Research Methods for Sport Science	SES 4030					X				
Dissertation	SES 4095	X								

All learning outcomes will be met

Programme Outcomes (Assessed) PG Diploma Exercise and Physical Activity for Special Populations and Healthy Ageing

Module Title	Module Code									
		A1	A2	A3	A4	B1	B2	B3	B4	
Clinical science and Nutrition	SES 4060		X	X						
Exercise prescription and management for special populations and healthy ageing	SES 4041			X	X			X	X	
Professional Placement	SES 4013						X		X	
Research Methods for Sport Science	SES 4030					X				

Learning outcome A1 will not be met at PG Dip level

Programme Outcomes (Assessed) PG Certificate Exercise and Physical Activity for Special Populations and Healthy Ageing

Module Title	Module Code									
		A1	A2	A3	A4	B1	B2	B3	B4	
Clinical science and Nutrition	SES 4060		X	X						
Exercise prescription and management for special populations and healthy ageing	SES 4041			X	X			X	X	

Learning outcomes A1, B1, and B2 will not be met at PG Cert