

HESC3581

Exercise Prescription in Diverse Populations

**Course Outline
Term**

2.1 Course summary

1. Staff

Course Convenor	Dr Kemi Wright	kemi.wright@unsw.edu.au	By appointment Mon-Fri, 8-4 Wallace Wurth 220	Ph: 9348 1087
Lecturer	Ms Nancy van Doorn	n.vandoorn@unsw.edu.au	By appointment Tues-Thurs 8-4 Wallace Wurth 202	Ph:9348 0030

Tutors

2.3 Course learning outcomes (CLO)

At the successful completion of this course you (the student) should be able to:

1. Demonstrate foundational knowledge of diverse populations (including children, women's health issues, different cultural backgrounds) and other conditions (including people with chronic kidney disease, mental health disorders) and their exercise needs.
2. Describe the effects of regular physical activity on health outcomes in a diverse range of populations.
3. Demonstrate an ability to design safe, evidence-based, and culturally appropriate lifestyle interventions for a range of diverse populations, including exercise interventions, treatment goals and specific needs for the target conditions.
4. Demonstrate an understanding of individual differences in response to physical activity and exercise, and their implications.
5. Describe the role of an Exercise Physiologist in delivering multidisciplinary care across a variety of diverse populations for effective exercise -based intervention strategies.

2.4 Relationship between course and program learning outcomes and assessments

CLO 1	Demonstrate foundational knowledge of diverse populations (including children, women's health issues, different cultural backgrounds) and other conditions (including people with chronic kidney disease, mental health disorders) and their exercise needs	Online Quiz Exercise Prescription Write Ups

3.3 Attendance requirements

“Students are expected to attend all scheduled clinical, laboratory and tutorial classes. An Unsatisfactory Fail (UF) may be recorded as the final grade for the course if students fail to meet the minimum requirement of 80% attendance for clinical, laboratory and tutorial classes (unless otherwise specified on Moodle). Course attendance expectations are determined by the requirements of the program accrediting body. Where a student is unable to attend, they are advised to inform the course convenor as soon as possible but no later than 3 days after the scheduled class and, where possible, provide written documentation (e.g. medical certificate) to support their absence.”

4. Course schedule and s tructure

	Course Introduction Respiratory/Infectious Disease Paediatrics	Exercise prescription in	Writing Exercise Prescriptions

5. Assessment

5.1 Assessment tasks

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Exercise Prescription Write-up 1	1000-word limit	20%	20	Week 5
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Exercise Prescription Write-up 2	1000-word limit	20%	20	
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5.2 Assessment criteria and standards

Two exercise/ lifestyle prescription write-ups will be required. There will be a 1,000-word limit for each prescription not including figures, diagrams, and references. Tables, figures, diagrams should not exceed 500 words. Scenario 1 is on a compulsory topic . A choice of scenarios will be provided for the second write-up based on one of the populations relevant to the course content of HESC3581, which is . A full description of this assessment task can be found on Moodle.

SIMPLE EDITING ASSISTANCE

For this assessment task, you may use AI-based software to research and prepare prior to creating your assessment. You are permitted to use standard editing and referencing functions in word processing software, including grammatical checking from software such as Grammarly, and reference citation generation from software like Papers, Zotero or Endnote in the creation of your submission. You must not use any functions that generate or paraphrase (or translate) passages of text, whether based on your own work or not.

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