



# Unit Outline (Higher Education)

**Institute / School:** Institute of Health and Wellbeing

**Unit Title:** EXERCISE MODALITIES

**Unit ID:** EXSCI3175

**Credit Points:** 15.00

**Prerequisite(s):** (EXSCI2175)

**Co-requisite(s):** (EXSCI3172)

**Exclusion(s):** Nil

**ASCED:** 069903

**Description of the Unit:**

This unit will be undertaken by students completing a minor sequence of study in the Applied Exercise: Principles & Practice Stream. The unit is designed to further develop exercise prescription skills by introducing students to a variety of exercise modalities including the aquatic environment. The fundamental knowledge and skills required to deliver a variety of exercise modalities may be further developed for use as therapeutic modalities in clinical exercise physiology. Students will develop individualised and safe prescription of exercise techniques and instructional skills.

**Grade Scheme:** Graded (HD, D, C, P, MF, F, XF)

**Work Experience:**

No work experience: Student is not undertaking work experience in industry.

**Placement Component:** No

**Supplementary Assessment:** Yes

Where supplementary assessment is available a student must have failed overall in the Unit but gained a final mark of 45 per cent or above, has completed all major assessment tasks (including all sub-components where a task has multiple parts) as specified in the Unit Description and is not eligible for any other form of supplementary assessment

**Course Level:**

Level of Unit in Course	AQF Level of Course					
	5	6	7	8	9	10
Introductory	■	■	■	■	■	■

Level of Unit in Course	AQF Level of Course					
	5	6	7	8	9	10
Intermediate	■	■	■	■	■	■
Advanced	■	■	✓	■	■	■

### Learning Outcomes:

#### Knowledge:

- K1.** Explore indications, contraindications and precautions of using various exercise modalities for a range of applications
- K2.** Discuss the effect of immersion on body systems, hydrodynamic principles and muscle contractions in water
- K3.** Compare and acknowledge the different application(s) of corrective and conditioning exercises on land and in water.

#### Skills:

- S1.** Display personal, analytical and instructional/coaching skills for the delivery of a variety of exercise modalities
- S2.** Instruct the safe use of exercise modalities for enhancing components of fitness across various target populations
- S3.** Select and prescribe the most appropriate exercise modality to achieve the best possible outcome for the established exercise goals and client group

#### Application of knowledge and skills:

- A1.** Apply prior knowledge of the principles of fitness and exercise prescription to plan and prescribe appropriate exercises using a specific exercise modality for a fitness goal or participant population.
- A2.** Apply safety strategies and principles of instruction specific to prescribing exercise for a variety of exercise modalities
- A3.** Research and critique the application of an exercise modality

#### Unit Content:

- Revision of exercise prescription principles
  - Components of fitness
  - Principles of training/ exercise prescription
- Exercise Modalities
  - Types of exercise modalities
  - Evidence base on the application of a variety of exercise modalities
  - Creative use of exercise modalities
- Safety
  - Risk stratification including indications and contraindications for a range of exercise modalities
  - Safety precautions when using specific modalities
- Selecting appropriate exercise modalities
  - To address specific deficit/ fitness component
  - for apparently healthy clients and other target populations

Exercise modalities may include but are not limited to; Swiss balls, foam rollers, Thera-band, water based exercise and a variety of minor equipment

**Learning Task and Assessment:**

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
S1-3 A1 & A2	Attendance and participation	Active participation: 90% attendance Students must be able to participate in practical prescription and demonstration of class activities.	S/U
A3	Guided research critique	Written Report	20-40%
A1-A2 S1- S3	Prescribe and demonstrate appropriate exercise modality use for selected fitness component &/ or target population	Practical exam.	25-45%
K1-K3	Self-directed study of class content. All topics covered during this unit are subject to assessment.	Test	25-45%

**Alignment to the Minimum Co-Operative Standards (MiCS)**

The Minimum Co-Operative Standards (MiCS) are an integral part of the Co-Operative University Model. Seven criteria inform the MiCS alignment at a Course level. Although Units must undertake MiCS mapping, there is NO expectation that Units will meet all seven criteria. The criteria are as follows:

1. Co-design with industry and students
2. Co-develop with industry and students
3. Co-deliver with industry
4. FedTASK alignment
5. Workplace learning and career preparation
6. Authentic assessment
7. Industry-link/Industry facing experience

MiCS Course level reporting highlights how each Course embraces the principles and practices associated with the Co-Operative Model. Evidence of Course alignment with the MiCS, can be captured in the Course Modification Form.

**MICS Mapping has been undertaken for this Unit**                      No

Date:

**Adopted Reference Style:**

APA

Refer to the [library website](#) for more information

Fed Cite - [referencing tool](#)