

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

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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intermediate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Advanced	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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, S2, S3, 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
A1, A2, A3	Guided research critique	Written Report	20-40%
S1, S2, S3, A1, A2	Prescribe and demonstrate appropriate exercise modality use for selected fitness component &/ or target population	Practical exam.	25-45%
K1, K2, K3	Self-directed study of class content. All topics covered during this unit are subject to assessment.	Test	25-45%

Adopted Reference Style:

APA ()

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

Fed Cite - [referencing tool](#)