MSc Exercise and Physical Activity for Special Populations and Healthy Ageing

Programme Specification

1. Programme title	MSc Exercise and Physical Activity for Special Populations and Healthy Ageing
2. Awarding institution	Middlesex University
3. Teaching institution	Middlesex University
4.Details of accreditation by professional/statutory/regulatory body	N/A
5. Final qualification	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
6. Year of validation **& Year of amendment**	2019-2020 2022-23
7. Language of study	English
8. Mode of study	Full-time, Part-time and distance education (DE) (Full-time only)

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.

Distance education admission requirements

UK and International Distance Education students with qualifications or experience in non-related fields must demonstrate a minimum knowledge of anatomy and physiology and understanding of standard gym exercises with a qualification such as REPS level 3 or local equivalent or demonstrate 2 years work experience in the fitness industry as a fitness instructor or coach.

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).

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.

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
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

Teaching/learning methods
Students gain knowledge and understanding through attending lectures, seminars, supervised placement work, and practical gym based sessions

Distance Education Teaching/Learning Methods
Students gain knowledge and understanding through a wide range of online asynchronous learning materials, synchronous seminars that will also be recorded and available asynchronously, and practical gym based sessions in an optional residential week

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.

Distance Education 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 submissions, primary research dissertation, practical examinations submitted via video, viva voce presentations undertaken online, placement journal and coursework assignments.

B. Skills

On completion of this programme the successful student will be able to:

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

Teaching/learning methods
Students learn skills through seminars, placement work, clinic/gym practical sessions and lectures. Students acquire personal and enabling skills through reflective practice work, peer review assessments, and independent study.

Distance Education Teaching/Learning Methods
Students learn skills through a wide range of online asynchronous learning materials, synchronous seminars that will also be recorded and available asynchronously, placement work journal, clinic/gym practical sessions through online videos and optional residential week. Students acquire personal and enabling skills through reflective practice work, peer review assessments, and independent study.

Assessment methods
Students' skills are assessed by written work, seminars group work, practical examinations, presentations to their peers and placement journal.

Distance Education Assessment methods

Students' skills are assessed by written work, recorded practical examinations, presentations and placement journal.

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) (Distance Education)

Year 1

Semester 1
- SES 4030 Research Methods
- SES 4041 Exercise Prescription and Management for Special Populations and Healthy Ageing
- SES 4060 Clinical Science and Nutrition

Semester 2
- SES 4041 Exercise Prescription and Management for Special Populations and Healthy Ageing
- SES 4060 Clinical Science and Nutrition
- SES 4013 Professional Placement

Semester 3
- SES 4096 Dissertation (Research)
- SES 4013 Professional Placement

MSc Exercise and physical Activity for Special Populations and Healthy Ageing (Part Time)

Year 1

Semester 1
- SES 4030 Research Methods
- SES 4041 Exercise Prescription and Management for Special Populations and Healthy Ageing
- SES 4060 Clinical Science and Nutrition

Semester 2
- SES 4041 Exercise Prescription and Management for Special Populations and Healthy Ageing
- SES 4060 Clinical Science and Nutrition

Year 2

Semester 1
- SES 4013 Professional Placement
- SES 4096 Dissertation (Research)

Semester 2

- SES 4013 Professional Placement
- SES 4096 Dissertation (Research)

Semester 3
- SES 4013 Professional Placement
- SES 4096 Dissertation (Research)

12.2 Levels and modules

Level 7

Compulsory
Students must take all of the following:
- SES4041 (30 Credits)
- SES4060 (30 Credits)
- SES4030 (30 Credits)
- SES4013 (30 Credits)
- SES4096 (60 Credits)

OPTIONAL
N/A

PROGRESSION REQUIREMENTS
Must complete SES4030 (Research Methods) before progressing onto SES4096 (Dissertation (Research)).

12.3 Non-compensatable modules
No module may be compensated

13. Curriculum map

See attached.

14. Information about assessment regulations

The following reference points were used in designing the Programme.

Internal Documentation:
- MU Learning and Quality Enhancement Handbook 2020/21 https://www.mdx.ac.uk/about-us/policies/academic-quality/handbook
- Middlesex University Regulations https://www.mdx.ac.uk/about-us/policies#regulations

External Documentation:
- Quality Assurance Agency (2014) The Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies

15. Placement opportunities, requirements and support

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.

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.

If a student chooses to undertake their placement hours outside of the UK, they will be required to organise their own personal insurance that is recognised in the country of the placement and covers them for work they will be doing.

Distance Education –Students are required to find work placement hours within their own country. The situation and type should be negotiated with the Programme Leader to assure they are appropriate. When a work placement is offered, the student will give the employer a work criteria checklist that explains their role and expectations in the placement.

16. Future careers

Career opportunities (full-time and part-time) exist for well-qualified special populations specialists in both the private and public sectors.

Previous graduates in 'Special Populations' have gained employment:
With the Ministry of Defence
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
Working with Cancer sufferers in Oslo

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

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.

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 and well-being services which can be accessed via UniHelp.

18. JACS code (or other relevant coding system) - B990 (HECos 100433 Sport & Exercise Sciences)

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:

- MU Learning and Quality Enhancement Handbook 2020/21 https://www.mdx.ac.uk/about-us/policies/academic-quality/handbook
- MU Academic Quality and Standards 2020 https://www.mdx.ac.uk/__data/assets/pdf_file/0031/169384/Academic_Quality_-and-_Standards_Policy_APS_11.pdf

External Documentation:

- QAA and SEEC level descriptors 2021 https://seec.org.uk/wp-content/uploads/2021/03/SEEC-Credit-Level-Descriptors-2021.pdf
- National occupational standards for clinical exercise with special populations as outlined by Skills Active (NOS D513-522) http://www.skillsactive.com/component/k2/item/4312-53-assessment--level-4-higher-education-institutions-heis
- CIMSPA NOS Working with People with Long Term Conditions V1.0. https://www.cimspa.co.uk/standards-home/professional-standards-library?cid=18&d=320
- Quality Assurance Agency (2014) The Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies, Gloucester: https://www.qaa.ac.uk

21. Other information

All students will require access to a computer and the internet in order to access course content.

In addition, Distance Education students will need to have access to a mobile phone with videoing facility. It is also suggested that all Distance Education students have access to a webcam with good quality sound to ensure they receive the best learning experience.

Distance Education students have an optional residential at the end of the course. Students will have to arrange their own transport and accommodation for the residential (preferential rates may be available for students).

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 MSc Exercise and Physical Activity for Special Populations and Healthy Ageing

This section shows the highest level at which programme outcomes are to be achieved by all graduates, and maps programme learning outcomes against the modules in which they are assessed.

Programme learning outcomes

Knowledge and understanding:

A1	Apply appropriate research methodology in order to advance existing knowledge and inform practice
A2	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
A3	Demonstrate a critical understanding of the ethical principles and professional codes of practice when working with clients for exercise prescription.
A4	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

Skills:

B1	Critically evaluate research and published literature, debate and articulate ideas, protocols and actions
B2	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
B3	Critically reflect and discourse practice understanding to a wider knowledgeable audience, including understanding of practice within a local, regional and national context
B4	Evaluate practitioner performance from an advanced theoretical perspective through reflective practice and integrate new understanding into future performance

Programme Outcomes:

A1	A2	A3	A4	B1	B2	B3	B4

Highest level achieved by all graduates

7	7	7	7	7	7	7	7

Module Title	Module Code by Level	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	SES 4030					X			
Dissertation (Research)	SES 4096	X							

All learning outcomes will be met.