

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.

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 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

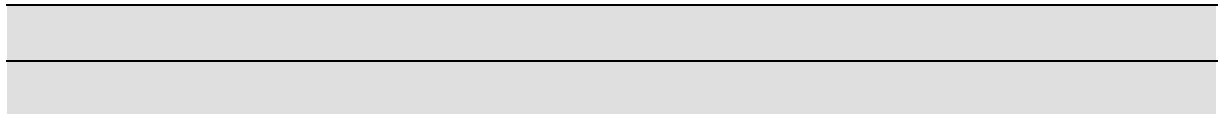
2. Demonstrate a critical knowledge and understanding of nutrition and clinical science and apply this to the understanding of the health status of individuals, to determine appropriate evidence-based interventions
3. Demonstrate a critical understanding of the ethical principles and professional codes 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

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 evaluate research and published literature, debate and articulate ideas, protocols and actions

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12.3 Non-compensatable modules

Module level	Module code
Level 7	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 2020/21
https://www.mdx.ac.uk/_data/assets/pdf_file/0031/623758/Regulations-2021-22-V1.12.pdf

External Documentation:

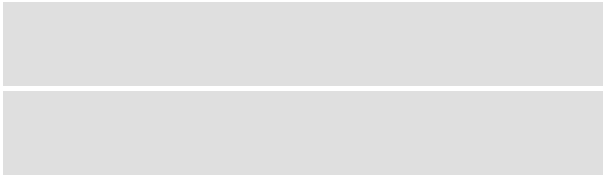
- Quality Assurance Agency (2014) The Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies

15. Placement opportunities, requirements and support

Students are required to complete a minimum set of hours for their work pl A (hand5 Tc623758/) (c)-2 (at)

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- 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

