

# 513-642 Exercise for Women

<b>Credit Points</b>	12.5
<b>Semester</b>	2
<b>Prerequisites</b>	For Postgraduate Certificate – 513 699 Physiotherapy Professional Portfolio
<b>Corequisites</b>	For Master by Coursework - 513 661 Applied Physiology
<b>Coordinator</b>	Dr Adam Bryant
<b>Contact</b>	64 hours; lectures, practical sessions, clinical practice

**Non Contact Requirement** Students are expected to undertake a number of hours of self directed learning in this subject. Approximately 60 hours of self directed learning is suggested.

**Description** This subject comprises 4 modules: Exercise for the childbearing year, exercise during adolescence, exercise for the older woman and exercise class programming. Exercise for the childbearing year comprises the study of the physiology of pregnancy, the impact of vigorous activity on maternal and foetal physiology, post-natal recovery including pelvic floor rehabilitation, exercise prescription, delivery and the evaluation of pre- and post-natal exercise programs. Exercise during adolescence comprises the physiology of the maturing woman, effect of activity on maturing tissues, exercise prescription delivery and evaluation of exercise programs for adolescents and exercise programming for children. Exercise for the older woman comprises the study of physiology of ageing tissues including the effects of menopause, the effect of activity on ageing tissues, exercise prescription delivery and evaluation of exercise programs for the elderly. This module also includes the study of bone physiology, the impact of and interaction between hormonal environment and lifestyle factors on bone health, assessment and treatment by exercise of osteopenia and osteoporosis and evaluation of exercise programs for bone health. Exercise class programming involves study of the practical aspects of group management, leadership, motivation, use of equipment, specialist exercise regimes, use of music and marketing, legal and safety issues.

**Assessment** 2 written assignments of 2000 words each (50%), practical assessment (40%), clinical practice journal (10%)

## Prescribed Texts

- Mantle J, Haslam J and Barton S (2004): Physiotherapy in Obstetrics and Gynaecology. (2nd ed.) London: Butterworth-Heinemann.
- Sapsford R, Markwell S and Bullock-Saxton J (Eds) (1998): Women's Health: A Textbook for Physiotherapists. London: WB Saunders Company Ltd.

## Subject Objectives

### Generic Skills

On completion of the subject, students will be expected to be able to demonstrate the following generic skills:

- An understanding of professional responsibility and ethical principles in relation to individuals and community, both locally and internationally
- An ability to evaluate and synthesise the research and professional literature in this area
- An understanding of the significance and value of their knowledge to the wider community
- An appreciation of a team approach to learning

**Specific Skills:**

On completion of the subject, students will be expected to be able to demonstrate the following specific skills:

- The ability to plan, deliver and evaluate appropriate exercise programs for specific women's groups and individuals within the community
- Understanding of the impact of exercise on the altered physiology, pathophysiology and psychology of adolescence, pregnancy, the post-partum, menopause, ageing and osteopenia/osteoporosis.
- Knowledge of the legal and safety issues associated with leading exercise classes for women with specific physical needs.
- Understanding of the motivational and marketing aspects of leading community and hospital based exercise classes.