



# MSc CLINICAL EXERCISE PHYSIOLOGY



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## COURSE SUMMARY

This programme focuses on using 'exercise as medicine', to treat and manage various conditions that affect an individual's health and wellbeing as well as to rehabilitate patients recovering from illness.

With ever-increasing numbers of patients being referred for exercise-screening and prescription, especially those diagnosed with chronic conditions such as coronary heart disease, type 2 diabetes, cancer and metabolic syndrome, correct determination of exercise tolerance and prescription is an essential component of their wellbeing and return to normal lifestyles.

This course will allow you to develop an understanding of advanced levels of clinical physiology and aetiology of disease states. These developed practical and theoretical skills will enable you to progress in a dynamic health environment and to understand and interact with a range of clinical conditions.

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## COURSE CONTENT

In your first semester you will study Research Methods for Clinical Exercise Sciences, to enable you to develop a rigorous approach to the process of research. You will then study Pathophysiology and Aetiology of Health Disorders to explore the factors relating to disease and how exercise may be used to manage them.

In semester two, you'll study Encouraging the Self-Management of Healthy Lifestyle Behaviours to evaluate the health benefits and reduced risk of disease by following government recommendations, and learn how to educate patients to self-manage lifestyle change in treatment of disease.

In the Clinical Exercise Testing and Prescription for Health Disorders module, you will develop an understanding of the clinical presentation of disease states and the application and interpretation of exercise testing.

From semester two into semester three, you'll carry out your own Research Project, to devise and deliver an original research study in a journal publication style.

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## CAREER PROSPECTS

This programme is ideal for those that want to work, or who are already working, with applied science in a clinical setting, to improve patient or client health through physiological assessment and exercise.



# IN BRIEF

- Deepen your knowledge and expertise to pursue a career in a number of allied health roles
- Use state-of-the-art equipment in our Exercise Physiology and Human Performance Laboratories
- Develop advanced skill sets to enable you to apply research into practice
- Part-time study option



<b>LOCATION:</b>	Frederick Road Campus
<b>DURATION:</b>	MSc (one year full-time or two years part-time) total of five modules PgDip (total of four modules) PgCert (total of two modules)
<b>START DATE:</b>	September
<b>TYPICAL ENTRY:</b>	BSc (Hons) graduates with a 2:1 or above in Exercise or Health Sciences; Sport Science; Biological Sciences equivalent (human and/or exercise physiology modules must be passed at 2:1 level).
<b>ASSESSMENT:</b>	Each module has a method of assessment and the team uses a range of assessment strategies to suit the varied learning needs of our students. These include written assignments, practical vivas and poster vivas.
<b>DELIVERY:</b>	Depending on the module, there will be a variety of strategies including formal lectures, tutorials and practical/ workshop sessions utilising a blended learning approach as appropriate.