

Appendix 2

Exercise Therapy Topics and its relation to current curriculum (Lectures and Clinical Placement)

Exercises Prescription Categories	Exercises Prescription Sub-categories	Lectures	Practical
(a) Fundamentals of physical activity and exercise	Definitions for physical activity, exercise and physical fitness	PHTH221 PHTH222	None
	Health and its determinants	PHTH221 PHTH222	None
	General benefits of physical activity	PHTH221 PHTH222	None
	Physical inactivity as a public health risk	None	None
	Physical inactivity as a risk factor for disease	None	None
	Current national and global trends in inactivity	None	None
	Dept of Health publications relating to physical activity	None	None
	World Health Organisation; Physical Activity Recommendations	None	None
	American College of Sports Medicine; Physical Activity Guidelines	None	None
(b) Exercise science	Physiological basis for exercise	PHTH311	None
	Cardiovascular and respiratory response to exercise	PHTH311	None
	Muscle physiology responses to exercise	PHTH311	None
	Thermoregulation and exercise	PHTH311	None
	Principles in motor learning/control	None	None
	Principles of mechanics and physics related to human movement	None	None
	Psychological factors that influence behaviour	PSYT392	None
	Physical activity behaviour theories and models	None	None
	Methods for changing exercise behavior	None	None
	Strategies to enhance adherence	None	None
	Analysis of movement	PHTH228	PHTH228
	Posture analysis	PHTH228	PHTH228
	Gait analysis	PHTH228	PHTH228
	Functional analysis	PHTH228	PHTH228
(c) Physical activity/exercise testing and measurement	Safety and PR participation screening (e.g. PAR-Q)	None	None
	Clinical contraindications to exercise testing	PHTH223 PHTH224	PHTH223 PHTH224
	Health and safety considerations and risks related to exercise	None	None
	Laboratory testing	None	None
	Field testing	None	None
	Monitoring response (heart rate, RPE, BP)	PHTH331	PHTH333
	Strength (e.g. 1 RM)	PHTH223 PHTH224	PHTH223 PHTH224
	Flexibility	PHTH223 PHTH224	PHTH223 PHTH224
	Anthropometry	PHTH223 PHTH224	PHTH223 PHTH224
	Subjective measurement, i.e. questionnaires and exercise diaries	None	None
	Objective measurement, i.e. accelerometry and pedometry	None	None
(d) Exercise prescription and planning	Components of health related fitness (Strength, CV, flexibility, body comp)	PHTH221 PHTH222	None
	Principles of prescription (FITT: frequency, intensity, time and type)	None	None
	Principles of training (overload and specificity)	None	None
	Components of an exercise session (warm-up, cool-down, etc.)	None	None
	Rate of progression	None	None

	Maintenance of the training effect	None	None
	Plyometric training	None	None
	Aerobic exercise programmes	PHTH221 PHTH222	None
	Resistance exercise programmes	PHTH221 PHTH222	None
	Flexibility exercise programmes	PHTH221 PHTH222	None
	Group exercise classes	None	None
	Setting objectives and short/long term goal setting	None	None
	Outcome measures	None	None
(e) Physical activity and exercise prescription for healthy populations	Children and adolescents	None	None
	Sedentary healthy adults	None	None
	Older adults (+65)	PHTH332	PHTH332
	Pregnancy/postpartum	PHTH464	PHTH464
	High performance athletes	None	None
(f) Physical activity and exercise prescription for clinical populations	Cardiovascular disease *	None	None
	Respiratory disease*	None	None
	Arthritic **	None	None
	Obesity *	None	None
	Diabetes type 2 *	None	None
	Stroke ***	None	None
	Multiple sclerosis and other neurological conditions***	None	None
	Fibromyalgia ***	None	None
	Chronic low back pain **	None	None
	Chronic pain **	None	None
	Osteoporosis **	None	None
	Anxiety and depression	None	None
	Oncology	None	None
	Hematology	None	None
(g) Physical activity and exercise promotion	Physical activity within health promotion	None	None
	Strategies encouraging physical activity	None	None
	Environmental influence on physical activity	None	None
	Economic influence on physical activity	None	None
	Societal and cultural factors influencing physical activity	None	None
	Best practice interventions to promote physical activity	None	None

* PHTH331, **PHTH344, *** PHTH486: the sub categories are involved in these courses but only with general information of exercising and not with details of clinical exercise prescription