

## Module Specification

### Module Summary Information

<b>1</b>	<b>Module Title</b>	Physical activity management in diabetes care
<b>2</b>	<b>Module Credits</b>	10
<b>3</b>	<b>Module Level</b>	7
<b>4</b>	<b>Module Code</b>	LBR7594

<b>5</b>	<b>Module Overview</b>
<p>This module offers qualified health practitioners working with people living with diabetes the opportunity to extend the breadth, depth and complexity of their individual erudition and practice in relation to the promotion and inclusion of suitable physical activity advice and engagement that is person centred and culturally appropriate. Utilising an interdisciplinary approach this will support individuals and communities to understand more about the role of physical activity in their health and diabetes prevention or care.</p> <p>Type 1 diabetes is a challenging condition to manage for various physiological and behavioural reasons. Regular exercise is important, but management of different forms of physical activity can be particularly difficult for both the individual with type 1 diabetes and the practitioner. Regular exercise can improve health and wellbeing, and can help individuals to achieve their target lipid profile, body composition, fitness and glycaemic goals. However, several additional barriers to exercise can exist for a person with type 1 diabetes, including fear of hypoglycaemia, loss of glycaemic control, and inadequate knowledge around exercise management.</p> <p>Physical activity, along with nutritional advice are central factors in the prevention and control of type 2 diabetes, since their effects influence blood pressure, glycaemia and lipidaemia. Evidence has shown the efficiency of exercise programmes in the control of diabetes as being suggested as one of the best types of non-pharmacological treatments. Aerobic, resistance or combined exercise programmes can help in the control of type 2 diabetes and weight management.</p> <p>This module is delivered as a standalone, or as part of the MSc in Advancing Diabetes Care pathway. This module aligns with the post-graduate philosophy and is designed to be flexible and practice-led. You will have the opportunity to develop skills of enquiry, reflection and problem solving. An online learning approach is taken. You will be encouraged to think critically and share practice experiences within an online discussion forum with your fellow students, as well as engaging in both directed and self-directed learning activities. You will be an active partner in your own learning and development and in return you will receive regular feedback and feed forward aimed at developing your academic skills, and have the opportunity to discuss your progress with the module team.</p>	

<b>6</b>	<b>Indicative Content</b>
<ul style="list-style-type: none"> <li>Develop leadership skills surrounding your role in physical activity management.</li> </ul>	

- Referral and planning of appropriate person-centred physical activity programmes for people with diabetes.
- Risk associated with physical activity management for people living with diabetes.
- Diet and medication management associated with physical activity.
- Working in partnership with service users, carers and other members of the health care team.

<b>7</b>		<b>Module Learning Outcomes</b>
<b>On successful completion of the module, students will be able to:</b>		
	<b>1</b>	Critically examine the role of physical activity in the prevention of type 2 diabetes.
	<b>2</b>	Appreciate and review the interdisciplinary role of a team approach to supporting individuals to engage with appropriate physical activity in their diabetes management plans.
	<b>3</b>	Synthesise the evidence underpinning physical activity promoted in relation to cardiovascular risk.
	<b>4</b>	Critically consider the timing of exercise, the timing of medication and carbohydrate intake for those who are using insulin to regulate blood glucose levels.

<b>8</b>		<b>Module Assessment</b>		
<b>Learning Outcome</b>		<b>Coursework</b>	<b>Exam</b>	<b>In-Person</b>
<b>1-4</b>			<b>X</b>	

<b>9</b>		<b>Breakdown Learning and Teaching Activities</b>	
<b>Learning Activities</b>		<b>Hours</b>	
<b>Scheduled Learning (SL)</b> includes lectures, practical classes and workshops, peer group learning, Graduate+, as specified in timetable		20	
<b>Directed Learning (DL)</b> includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE		10	
<b>Private Study (PS)</b> includes preparation for exams		70	
<b>Total Study Hours:</b>		100	