

Module Code	BMSH4302
Title	Introduction to Chronic Disease
Date	09/10/2024
Level	4
Credits	10
Pre-Requisites	None
DBS Check	May be required ☐ Not required ☒

AIM(S)

- To develop an understanding of the aetiology and symptoms associated with a range of common chronic health conditions.

LEARNING OUTCOMES

Upon the successful completion of this module, the student should be able to:

- demonstrate an understanding as to the aetiology of a range of common chronic health conditions;
- demonstrate an understanding of the common signs, symptoms and comorbidities associated with a range of common chronic health conditions.

INDICATIVE CONTENT

- Healthy lifestyle behaviours.
- Aetiology of chronic health conditions including but not limited to, cardiovascular disease, pulmonary disease, diabetes, arthritis, multiple sclerosis, osteoporosis, stroke, dementias, mental health conditions, cancers and obesity.
- Signs and symptoms associated with chronic health conditions including but not limited to, cardiovascular disease, pulmonary disease, diabetes, arthritis, multiple sclerosis, osteoporosis, stroke, dementias, mental health conditions, cancers and obesity.
- Comorbidities associated with chronic health conditions including but not limited to, cardiovascular disease, pulmonary disease, diabetes, arthritis, multiple sclerosis, osteoporosis, stroke, dementias, mental health conditions, cancers and obesity.

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	22	22%
Independent learning	78	78%
Placement learning	0	0
TOTAL	100	100%

ASSESSMENT

Assessment Component 1

☒ **Written exam** ☐ **Coursework** ☐ **Practical**

Mode of assessment	Volume	Weighting
Exam (<i>administered by the academic discipline</i>)	1 hour	100%

Assessment Summary

Activity type	Percentage
Written exam	100%
Coursework	0
Practical	0
TOTAL	100%

This module meets some of the core competencies required by the Association for Nutrition as part of the accreditation of the Nutrition, Physical Activity and Health programme.

This module is mapped to CIMSPA competencies.

INDICATIVE READING LIST

Module Code	BMSH4302	
Module Title	Introduction to Chronic Disease	
Classification	Reading List entry	Electronic*
Essential	Atwal, A. (Ed.). (2022). <i>Preparing for professional practice in health and social care</i> (Second Edition). John Wiley & Sons.	☒
Essential	Stensel, D. J., Hardman, A. E., & Gill, J. M. R. (Eds.). (2022). <i>Physical activity and health : the evidence explained</i> (Third edition.). Routledge.	☒
Essential	Williamson, P. (2019). <i>Exercise for special populations</i> (Second edition.). Wolters Kluwer.	☒
Further	Ehrman, J. K., Gordon, P. M., Visich, P. S., & Keteyian, S. J. (Eds.). (2019). <i>Clinical exercise physiology</i> (Fourth edition.). Human Kinetics.	☒
Further	Gordon, B. Thomas., & Chambliss, Heather. (2022). <i>ACSM's resources for the exercise physiologist a practical guide for the health fitness professional</i> (3rd ed.). Wolters Kluwer.	☒
Further	Thompson, W. R. (2019). <i>ACSM's Clinical exercise physiology</i> (1st ed.). Wolters Kluwer.	☒
Further	Tucker, L. (2015). <i>An introductory guide to anatomy & physiology</i> (J. Foulston, F. Major, & M. Wynne, Eds.; 5th edition..). EMS Publishing.	☒