

# REHA 3010 EXERCISE FOR HEALTH AND DISEASE PREVENTION

**Credit Points** 10

**Legacy Code** 401145

**Coordinator** Bobby Cheema ([https://directory.westernsydney.edu.au/search/name/Bobby Cheema/](https://directory.westernsydney.edu.au/search/name/Bobby%20Cheema/))

**Description** This subject emphasises teaching students to design safe and effective exercise programs for optimal health, well-being, and the prevention of major chronic diseases. Holistic recovery strategies, including sleep, nutrition and stress-reduction are also explored. Students will learn about the aetiology of major chronic diseases, including cancers, cardiovascular disease, metabolic diseases, neurological diseases and mental illnesses, and how these conditions can be targeted with exercise. Students will also develop the practical skills necessary for screening and testing populations at-risk and with chronic diseases.

**School** Health Sciences

**Discipline** Rehabilitation Therapies, Not Elsewhere Classified.

**Student Contribution Band** HECS Band 2 10cp

Check your HECS Band contribution amount via the Fees ([https://www.westernsydney.edu.au/currentstudents/current\\_students/fees/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**Level** Undergraduate Level 3 subject

**Pre-requisite(s)** BIOS 2012 AND HLTH 2005

**Equivalent Subjects** REHA 3008 - Exercise Prescription For Special Populations REHA 3005 - Clinical Exercise Physiology 1

## Restrictions

Students must be enrolled in 4658 - Bachelor of Health Science (Sport and Exercise Science).

## Assumed Knowledge

Basic understanding of physiological responses to acute and chronic exercise and an understanding of exercise prescription principles.

## Learning Outcomes

On successful completion of this subject, students should be able to:

1. Explain the role of exercise, physical activity and supportive lifestyle practices in the aetiology, prevention and management of major, lifestyle-related chronic diseases and disability;
2. Describe the Australian healthcare system and policies, initiatives and agencies for physical activity promotion and disease/disability prevention
3. Utilise evidence-based guidelines and problem-based learning approaches to design, implement and evaluate safe and effective exercise and physical activity programs for higher-risk populations, including cardiovascular risk factors and disease, metabolic diseases, cancers, neurological diseases and mental health disorders

4. Integrate exercise and physical activity recommendations within a broader, holistic approach to lifestyle (behaviour) modification, including such aspects as sleep, stress reduction, general nutrition and play (social and environmental engagement)
5. Implement exercise pre-screening in higher-risk populations;
6. Explain basic electrocardiography (ECG) theory and interpret the results
7. Explain the purpose and implementation of cardiac stress testing
8. Demonstrate: (a) placement of electrodes for a 12-lead ECG recording, (b) measurement of blood pressure during exercise.

## Subject Content

1. Global and Australian perspectives on health and chronic disease
2. The role of exercise, physical activity and lifestyle factors in the aetiology, prevention and management of chronic diseases and disability
3. The Australian healthcare system and policies, initiatives and agencies for physical activity promotion and disease/disability prevention
4. Exercise and physical activity programs for higher-risk populations, including cardiovascular risk and disease, metabolic diseases, cancers, neurological diseases and mental health disorders
5. Incorporating holistic approaches to health and well-being, including sleep, stress reduction, general nutrition and play (social and environmental engagement)
6. Exercise pre-screening in higher-risk populations
7. Electrocardiography (ECG) theory, interpretation and practice
8. Blood pressure assessment during exercise
9. Introduction to cardiac stress testing

## Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Type	Length	Percent	Threshold	Individual/Group Task
Final Exam	2 hours	50	N	Individual
Quiz	Up to 30 minutes	30	N	Individual
Presentation	10 minutes	20	N	Individual

Teaching Periods

## Spring (2022)

### Campbelltown

#### Day

**Subject Contact** Bobby Cheema ([https://directory.westernsydney.edu.au/search/name/Bobby Cheema/](https://directory.westernsydney.edu.au/search/name/Bobby%20Cheema/))

View timetable ([https://classregistration.westernsydney.edu.au/even/timetable/?subject\\_code=REHA3010\\_22-SPR\\_CA\\_D#subjects](https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=REHA3010_22-SPR_CA_D#subjects))

## Spring (2023)

### Campbelltown

#### On-site

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