

# RCSI UNIVERSITY OF MEDICINE AND HEALTH SCIENCES

## PHYSICAL ACTIVITY AND HEALTH BEHAVIOUR CHANGE IN CLINICAL POPULATIONS

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# WELCOME

We are delighted to share information with you about the RCSI module 'Physical Activity and Health Behaviour Change in Clinical Populations' commencing in February 2025. This exciting module is a unique collaboration between the School of Physiotherapy and The School of Population Health in RCSI. This module has been designed to meet the growing demands for healthcare professionals to not only manage individual health conditions, but to also play a key role in protecting and promoting health in clinical populations. We have specifically designed this module to complement the HSE "Making every contact count" (MECC) initiative, and to upskill you in behaviour change interventions needed to augment MECC training. Upon completion you will develop increased knowledge, skills and confidence to support people with health conditions to optimise their physical activity levels. Using these new skills, you will support the National Physical Activity Plan which aims to increase the number of people in Ireland meeting the physical activity guidelines by 1% annually.



# WHO WE ARE?

Founded as the national training body for surgery in Ireland, RCSI has been at the forefront of healthcare education and research since 1784. Today, this heritage continues to shape our approach to education, research and service. We are an innovative, world-leading international health sciences education and Research University and the professional training body for surgery in Ireland. We offer both undergraduate and postgraduate schools and faculties across the health sciences spectrum.

We are home to numerous healthcare institutes as well as leading research centres that drive pioneering breakthroughs in human health. Located in the heart of Dublin, with international campuses in Bahrain and Malaysia – and a student community of over 60 nationalities – we have an international perspective on how we train tomorrow's healthcare professionals today.

A deep, professional responsibility to enhance human health through endeavour, innovation and collaboration in education, research and service informs all that we do. We welcome students and researchers into programmes of academic excellence. They will establish lifelong relationships with a community of clinically led colleagues, who will nurture and support them, enabling them to realise their potential to serve our global patient community.

Our postgraduate programmes have been designed to help you meet today's challenges and also be ready for tomorrow's opportunities. Whether you are interested in acquiring new skills or moving to the next stage of your career, RCSI has a programme that meets your needs



# WHY CHOOSE RCSI?



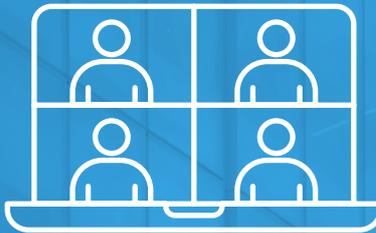
**WE PROVIDE OUTCOME-FOCUSED PROGRAMMES SHAPED BY INNOVATIVE TEACHING AND LEARNING PRACTICES**

› We are exclusively healthcare focused

› You will connect with other healthcare practitioners

TOP  
**250**

**YOU WILL STUDY AT AN INSTITUTION THAT IS RANKED IN THE TOP 250 OF THE WORLD'S UNIVERSITIES**



**BLENDED LEARNING APPROACH - YOU WILL LEARN AT A PACE THAT SUITS YOU, IN A SUPPORTIVE ENVIRONMENT**

› High Impact Research

› Reputation and independent pursuit of excellence

**WE OFFER FLEXIBLE PROGRAMME DELIVERY AND ARE RESPONSIVE TO THE LIFE COMMITMENTS OF BUSY PROFESSIONALS**

› Industry Collaboration



**WE ARE IMMERSSED IN THE DELIVERY OF HEALTHCARE, BOTH NATIONALLY AND INTERNATIONALLY**



# MODULE OVERVIEW

Physical activity is essential across the life-course for human health and development. It also aids prevention of many diseases and conditions and is used in treating multiple diseases in the form of play, general activity, therapeutic exercise and rehabilitation. Nevertheless, around 1 in 4 adults and 4 in 5 adolescents around the world do not meet the recommended guidelines for physical activity. An estimated 5 million deaths could be prevented each year if the global population were more active. Given these stark statistics, increasing levels of physical activity for the general population and those living with clinical conditions or disease is the focus of health policies in Ireland and internationally.

The RCSI PAHBC Module addresses Goal 4 of the Healthy Ireland Framework by empowering health professionals to support adults and children in physical activity participation. Further, the module facilitates promotion of self-management and person-centred care with respect to physical activity across the life course. The module is underpinned by contemporary evidence related to physiology, psychological theory and how to practically apply behaviour change approaches when working with children, adolescents and adults.



Learners will be supported by expert clinical educators and practitioners to build the knowledge and skills required to support physical activity engagement in people with longterm disease and other conditions. Learners will improve their capacity to consider patients’ individual needs, capabilities, preferences, and social contexts with respect to physical activity engagement. Uniquely, the module harnesses RCSI’s world-leading experience in simulation, to nurture practical skills and communication skills thus enabling Learners to apply knowledge and behaviour change tools in clinical practice.

This module has been developed based on the European Credit Transfer System (ECTS), in accordance with the recommendations from the Bologna Agreement (1999) and Ireland’s National Framework of Qualifications (NFQ). These standards provide a mechanism to promote international transparency, international recognition of qualifications, and the international mobility of learners and graduates.

**Module content.** This module is comprised of three interconnecting units and will commence in February 2025 (see Table 1 below for more detail). The units have been designed to scaffold your learning by using real-life clinical cases which you will encounter in each unit as the module progresses. We believe this approach will help you to weave your academic learning with your experientialist and constructivist learning from your clinical setting. This weaving together of experience and learning aims to effectively close the theory-practice gap.

**Delivery Mode:** Delivery over a 4-month period using blended approach combining interactive online materials followed by in-person workshops at the St. Stephens Green Campus, RCSI Dublin, Ireland.

**Module credit:** 10 ECTs.

**Table 1.**

Unit Number and Name:	Access to online materials from:	In-person attendance on:
<b>Unit 1:</b> Fundamentals of Physical Activity	6 February 2025	6 March 2025 1-5pm
<b>Unit 2:</b> Principles and Practice of Behaviour Change	7 March 2025	24 April 2025 1-5pm
<b>Unit 3:</b> Communication Skills	25 April 2025	15 May 2025 1-5pm

# ENTRY REQUIREMENTS

## To be considered for entry into the programme, applicants must:

- Be a healthcare professional, including social care professionals.
- Hold a bachelor degree. If you don't hold a bachelor degree, please see the recognition of prior learning pathway outlined below outlined on the course webpage
- If English is not your first language, you will also need to supply a copy of an academic IELTS examination or equivalent, with an overall score of at least 6.5 and no individual band below 6.5.
- Each application will be assessed on an individual basis

**Fees:** €1350

# CONNECT WITH US

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