

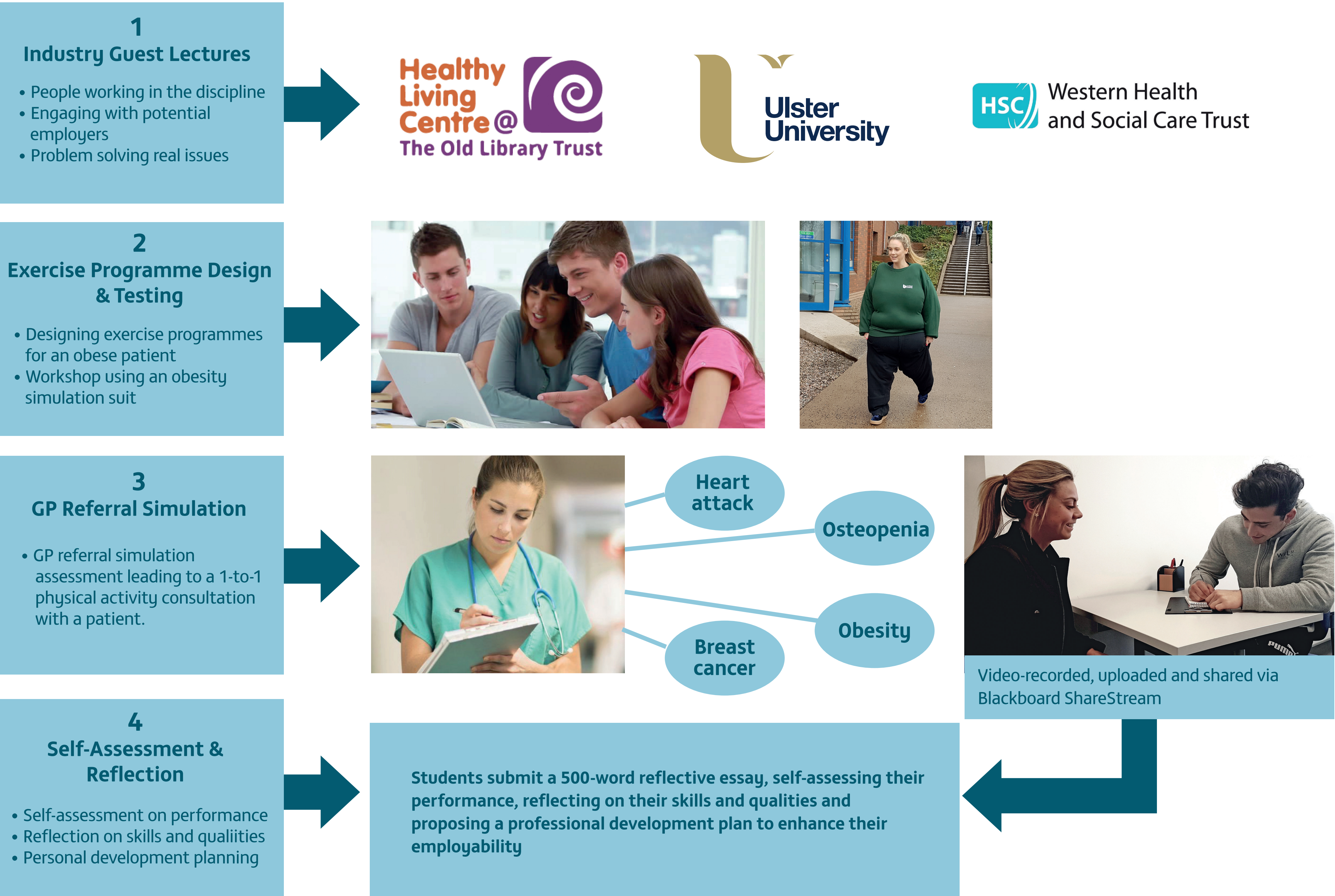
# Experiential learning: training for real-world job scenarios

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## Background:

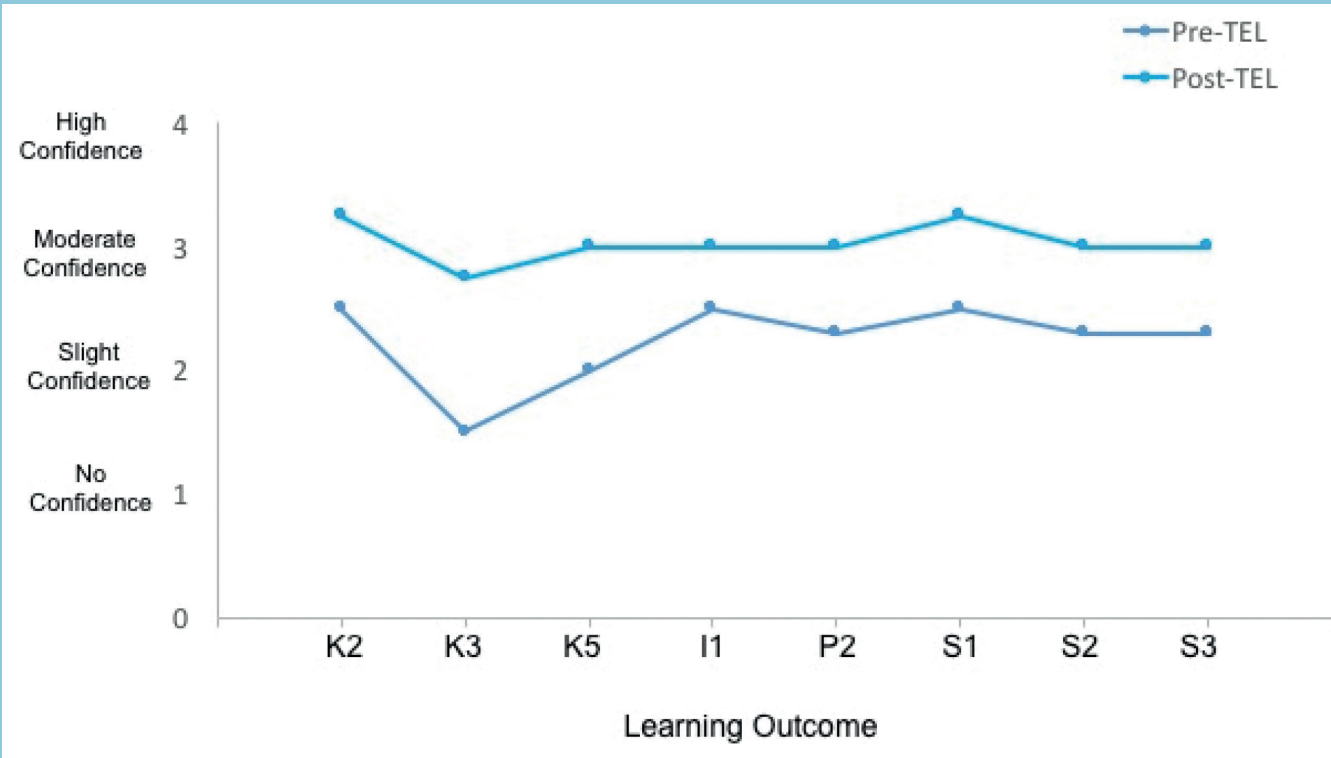
- The main role of an exercise specialist working within a GP referral scheme is to increase participation in physical activity and exercise amongst sedentary individuals.
- This involves conducting lifestyle consultations and exercise assessments, prescribing physical activity programmes and supervising structured exercise sessions.
- GP referral is a viable career pathway for BSc (Hons) Sport, Physical Activity and Health students at Ulster University.
- The final year module ‘Physical Activity, Exercise & Health’ focusses on enhancing employability through experiential learning, applying theory into practice and developing skills and qualities commensurate with professional roles - such as an exercise specialist.

## How?



## Feedback

On average, a positive step change in confidence level across all module learning outcomes.



Perceived strengths of the activity were that it engaged students in a real-world scenario that might be encountered in a future career. Students commented:

- “It allows us to experience a real world situation we may be involved in. It let us put the theory into practice.”
- “I’m now much more aware of my strengths and weaknesses personally and it pushed me outside my comfort zone - because of this I’m much more confident in my abilities in these types of situations e.g. job interviews etc...”

## Conclusions

Experiential learning activities are beneficial for students nearing graduation, to allow them to develop the necessary graduate skills and levels of confidence to be successful in their chosen career pathway.