

Liverpool John Moores University

Title: Health and Wellbeing
Status: Definitive
Code: **3002SPS** (127742)
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
Ian Beattie	Y

Academic Level: FHEQ3 **Credit Value:** 20 **Total Delivered Hours:** 40
Total Learning Hours: 200 **Private Study:** 160

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Online	5
Seminar	5
Workshop	30

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	AS1	Poster (4500 word equivalent)	100	

Aims

The module aims to develop knowledge and understanding of health & wellbeing and demonstrate how increased physical activity and better nutrition can influence and improve this.

Learning Outcomes

After completing the module the student should be able to:

- 1 Explore the relationships between sport, exercise and physical activity, nutrition and health & wellbeing.
- 2 Examine the role that sport, physical activity and nutrition has on improving health & wellbeing.
- 3 Produce and present a poster using the appropriate academic style and content.

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Poster	1	2	3
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Outline Syllabus

Defining health and wellbeing.

What impacts health and wellbeing?

Exploring how health and wellbeing can be improved.

Consideration of relevant physiological and psychological concepts.

Developing solutions to solve issues in health and wellbeing.

Learning Activities

Workshops

Seminars

Online approaches

Notes

This module is part of the School of Sport and Exercise Science Foundation Year and is one of two modules that is part of the Health, Social and Organisation strand.