Liverpool John Moores University

Health and Wellbeing

Module Information

2022.01, Approved

Summary Information

Module Code	3002SPS
Formal Module Title	Health and Wellbeing
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 3
Grading Schema	40

Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

Learning Methods

Learning Method Type	Hours
Online	5
Seminar	5
Workshop	30

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
JAN-CTY	CTY	January	12 Weeks

Aims and Outcomes

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.

After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Explore the relationships between sport, exercise and physical activity, nutrition and health & wellbeing.
MLO2	2	Examine the role that sport, physical activity and nutrition has on improving health & wellbeing.
MLO3	3	Produce and present a poster using the appropriate academic style and content.

Module Content

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.
Module Overview	
Additional Information	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.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Presentation	Poster	100	0	MLO1, MLO2, MLO3

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Ian Beattie	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings