

Liverpool John Moores University

Title: Lifestyle Behaviours in Sport, Physical Education and Nutrition
Status: Definitive
Code: **3003SSLN** (126170)
Version Start Date: 01-08-2021

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

Team	Leader
Kathryn Curran	Y
Cath Walker	
Sarah Nixon	

Academic Level: FHEQ3 **Credit Value:** 20 **Total Delivered Hours:** 40

Total Learning Hours: 200 **Private Study:** 160

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Online	5
Seminar	5
Workshop	30

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	Essay (4500 words)	100	

Aims

The aim of this module is to examine how lifestyle behaviours influence opportunities in sport, physical education and nutrition and enables students to develop their knowledge and awareness of societal influences and choices.

Learning Outcomes

After completing the module the student should be able to:

- 1 Explore the extent to which society shapes individuals beliefs, behaviours and life chances.
- 2 Illustrate knowledge of sport, physical education or nutrition in the context of lifestyle behaviours.
- 3 Utilise appropriate academic style and content to write an essay.

Learning Outcomes of Assessments

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

Essay	1	2	3
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Outline Syllabus

Social context of sport, physical education and nutrition.

Social theory related to sport, physical education and nutrition

Government policy in relation to sport, physical education and nutrition.

Effectiveness of interventions in relation to lifestyle choices.

Learning Activities

Interactive workshops

Online learning

Seminars

Notes

This module will introduce students to key sociological ideas to support their understanding of lifestyle behaviours in relation to sport, physical education or nutrition. The module will help students to develop their ability to read different sources and to produce written work with an academic focus. It builds from 3001SSLN and leads into 3005SSLN. 3006SSLN then allows these 3 modules to culminate in the final portfolio assessment focusing on the chosen subject area.