

## Liverpool John Moores University

Title: Behaviours in Sport and Physical Activity  
Status: Definitive  
Code: **3004SPS** (127745)  
Version Start Date: 01-08-2021

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

Team	Leader
Cath Walker	Y

**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 explore psychological and social theories to inform the delivery of sport. You will be exposed to several key psychological and social frameworks allowing you to develop informed approaches to your practice.*

### Learning Outcomes

After completing the module the student should be able to:

- 1 Explore the extent to which PsychoSocial behaviours impact on participation in Sport and Physical activity.
- 2 Illustrate knowledge of psychosocial benefits of regular Sport and physical activity.
- 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 and theory of sport and physical activity*  
*Government policy in relation to sport and physical activity*  
*Behaviour change models*  
*Exploration of motivational influences and professional practice factors that can exert influences on participation*  
*Extrinsic and intrinsic behaviours, explaining their relevant position and usefulness within the sports environment*

### **Learning Activities**

Interactive workshops  
Online learning  
Seminars

### **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 Social, Health and Organisation strand.