

Module Information

2022.01, Approved

Summary Information

| | |
|---------------------|-------------------------------------------|
| Module Code | 3004SPS |
| Formal Module Title | Behaviours in Sport and Physical Activity |
| 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 |
|--------------|----------|-------------|-------------------------------|
| SEP-CTY | CTY | September | 12 Weeks |

Aims and Outcomes

| | |
|------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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. |
|------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

After completing the module the student should be able to:

Learning Outcomes

| Code | Number | Description |
|------|--------|-------------------------------------------------------------------------------------------------------------|
| MLO1 | 1 | Explore the extent to which Psychosocial behaviours impact on participation in Sport and Physical activity. |
| MLO2 | 2 | Illustrate knowledge of psychosocial benefits of regular Sport and physical activity. |
| MLO3 | 3 | Utilise appropriate academic style and content to write an essay. |

Module Content

| | |
|------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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 |
| Module Overview | 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. |
| 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 Social, Health and Organisation strand. |

Assessments

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

Module Contacts

Module Leader

| Contact Name | Applies to all offerings | Offerings |
|--------------|--------------------------|-----------|
| Cath Walker | Yes | N/A |

Partner Module Team

| Contact Name | Applies to all offerings | Offerings |
|--------------|--------------------------|-----------|
|--------------|--------------------------|-----------|