

Liverpool John Moores University

Title: Health and Wellbeing in Sport, Physical Education and Nutrition
Status: Definitive
Code: **3005SSLN** (126172)
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
Ian Sadler	

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 and wellbeing and demonstrate how sport, physical education and nutrition can influence and improve this.

Learning Outcomes

After completing the module the student should be able to:

- 1 Explore health and wellbeing and the relationship to sport, physical education or nutrition.
- 2 Illustrate knowledge of sport, physical education or nutrition in relation to health and 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.

Developing solutions to solve issues in health and wellbeing.

Learning Activities

Workshops

Seminars

Online approaches

Notes

This module is taught through workshops, seminars and blended approaches. It builds from 3001SSLN and 3003SSLN. 3006SSLN then allows these three modules to culminate in the final portfolio assessment which focuses on the chosen subject area.