

Liverpool John Moores University

Title: PHYSICAL ACTIVITY, EXERCISE AND HEALTH
Status: Definitive
Code: **4007FDSDEV** (106561)
Version Start Date: 01-08-2016
Owning School/Faculty: Sports Studies, Leisure and Nutrition
Teaching School/Faculty: Greenbank College

Team	Leader
Cath Walker	Y

Academic Level: FHEQ4 **Credit Value:** 12 **Total Delivered Hours:** 40
Total Learning Hours: 120 **Private Study:** 80

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Online	20
Seminar	20

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	AS1	Coursework report (equivalent to 2000 words)	50	
Report	AS2	Design and administer practical session	50	

Aims

To identify and attempt to define the concept of Physical activity , exercise and health and to provide an introduction to the role of sport development in this process.

Learning Outcomes

After completing the module the student should be able to:

- 1 demonstrate understanding of the benefits of physical activity and range of activities that can produce the desired benefits;
- 2 build a repertoire of exercise methods and specific exercises;
- 3 recognise the importance of designing safe and effective activity programmes
- 4 analyse the sport development principles of working in partnership to achieve health interventions

Learning Outcomes of Assessments

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

Report	1	2	3	
Practical	1	2	3	4

Outline Syllabus

Governments Health Agenda.

Precautions and contraindications in exercise provision.

Health in the community

Partnership working.

National physical activity strategy

Learning Activities

Seminars and practical coaching sessions.

Notes

Students are encouraged to discuss and attempt to define the concepts of fitness, exercise and health. This entails consideration of age, culture, popular perceptions and so forth and begins to highlight constraints to exercise and activity alongside benefits to specific groups.

The chronic effects of exercise will be considered and the adaptations that may result from a suitable programme. Precautions and contraindications in exercise provision will be examined also.