

Liverpool John Moores University

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Title: Understanding Theories and Practice of Sport
Status: Definitive
Code: **4014SPODEV** (117155)
Version Start Date: 01-08-2016

Owning School/Faculty: Sports Studies, Leisure and Nutrition
Teaching School/Faculty: Sports Studies, Leisure and Nutrition

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Academic Level: FHEQ4 **Credit Value:** 24 **Total Delivered Hours:** 48

Total Learning Hours: 240 **Private Study:** 192

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	24
Seminar	24

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Ass. 2		60	
Presentation	Ass. 1		40	

Aims

This module is devoted to assisting students in learning and using theoretical and practical information related to psychological, sociological and physiological theoretical frameworks of sport and physical activity/exercise at all levels. Students will learn information needed to make informed choices about sports and participation in connection with our lives and the lives of others in our families and communities. This module will assist students in learning to use the tools needed to think in an informed and critical way about the role and impact of sport and exercise from these theoretical perspectives.

Learning Outcomes

After completing the module the student should be able to:

- 1 Examine and explain the physical, mental and social constructs of sport and physical activity participation.
- 2 Identify and understand different theoretical perspectives and how they can be applied to examine the role and impacts of sport and physical activity in communities.
- 3 Examine the role and different research approaches to enhance an understanding of sport related theory and practice.

Learning Outcomes of Assessments

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

Assignment 3000 words 2 3

Presentation 1

Outline Syllabus

Examination of a range of theoretical perspectives of physical activity, sport, sport development and physical education

Analysis of how different theoretical perspectives influence our understanding of sport and sport development.

Introduction to the role that research can play in developing knowledge and understanding of sport theory and practice

Learning Activities

This module will be taught in Lectures and in smaller group seminars that could include, practicals, IT support sessions, group-work, the use of discussion boards and debates.

Notes

This module is intended to develop an understanding and appreciation of the theoretical principles, policies and practices that underpin sport. By considering the relationship between the application of research evidence to the development of theories it is envisaged that students will be better equipped to apply theory into practice.