

Liverpool John Moores University

Title: Understanding Theories and Practice of Sport & Nutrition
Status: Definitive
Code: **4041SPONUT** (120675)
Version Start Date: 01-08-2018

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

Team	Leader
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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	3000 word essay	60	
Presentation	Ass. 1	15 minute presentation	40	

Aims

Introduce students to psychological, sociological and physiological theoretical and methodological frameworks of sport, physical activity/exercise and nutrition.

Encourage students to think in an informed and critical way about the role and impact of sport, physical activity and nutrition related behaviours 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 physical activity/sport participation and food and nutrition related behaviours.
- 2 Identify and understand different theoretical perspectives and how they can be applied to examine the role and impacts of sport, physical activity and nutrition in communities and various settings
- 3 Examine the role and different research approaches to enhance an understanding of sport and nutrition 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, exercise, food and nutrition.
Analysis of how different theoretical perspectives influence our understanding of lifestyle and health behaviours
Introduction to the role that research can play in developing knowledge and understanding of sport, physical activity and nutrition related 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, physical activity and nutrition. 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.