

Liverpool John Moores University

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Title: Physical Literacy
Status: Definitive
Code: **4044PHYSED** (120696)
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	10
Practical	28
Seminar	10

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	AS1	Report (3000 words)	50	
Essay	AS2	Essay (3000 words)	50	

Aims

This module will help individuals to develop skills essential for effective learning to degree level, introduce and develop the concepts of graduate skills and develop ideas regarding self-development and personal development planning. It will develop students understanding of the historical and philosophical influences on physical education and physical literacy. The module will also provide opportunities for students to appreciate how motivation and confidence to participate in physical activities are at the heart of the concept and that practitioners are working to promote physical activity as part of their life pattern.

Learning Outcomes

After completing the module the student should be able to:

- 1 Understand how historical developments have impacted on PE – nationally and locally.
- 2 Appreciate the philosophical underpinning of physical literacy.
- 3 Appreciate how physical literacy can be developed through physical education.

Learning Outcomes of Assessments

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

Report	1	
Essay	2	3

Outline Syllabus

Historical developments in PE.

The concept of physical literacy.

Differences between PE, Sport, Physical Activity and Physical Literacy.

Consideration of how PE can impact on the development of personal, social, cognitive and physical skills that support lifelong involvement in physical activity.

How schools develop their philosophy for PE.

Recent developments that have impacted on how PE is taught.

Importance and relevance of PE in developing motivation, competence, confidence, self-esteem, self-awareness, communication, health awareness and a desire to participate.

Practical appreciation of how physical literacy can be developed through a range of individual and group physical education activities.

Reflection on the philosophy and recent developments that impact on how PE is

taught in schools.

Learning Activities

Study skills techniques including note taking, active reading, planning for an assignment and information searches

Planning and using group discussions as an aid to learning

Presenting information in a variety of ways

Introduction to research techniques and evaluation tools

Work based work related learning - (observation of young people in primary, secondary, Community) to consider the philosophical focus and historical development or PE in schools

Practical sessions

Notes

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