

Liverpool John Moores University

Title: SOCIETY, LIFESTYLE AND FOOD
Status: Definitive
Code: **4054TEF** (103780)
Version Start Date: 01-08-2016

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

Team	Leader
Lucinda Richardson	Y
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Academic Level: FHEQ4 **Credit Value:** 24 **Total Delivered Hours:** 49.5
Total Learning Hours: 240 **Private Study:** 190.5

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	24
Workshop	24

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	2000 Words	50	
Exam	AS2	Exam	50	1.5

Aims

To provide an introduction as to psychological, social, cultural, political and environmental issues related to food and lifestyle preferences and practices.

Learning Outcomes

After completing the module the student should be able to:

- 1 Demonstrate knowledge of a range of relevant theories and perspectives.
- 2 Discuss how choices, habits and practices are mediated through social, cultural, environmental and political interactions and influences.

Learning Outcomes of Assessments

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

Essay	2
Exam	1

Outline Syllabus

Contemporary and social issues, such as social class, gender, poverty, education, inequality and disadvantage as factors in food and lifestyle choices, beliefs and practices. The sociology of gender and the body. The social environment and social identity as factors of influence. Freedom and choice as mediated through social, economic and cultural structures. Modernism, Post-Modernism, Fordism, Post-Fordism and consumerism in relation to production and consumption. Mass media and marketing. Symbolism, semiotics, ritual, rites and cultural expression. Politics of food, lifestyle and behaviour. Psychology of food/lifestyle choices.

Learning Activities

The module will be delivered by means of lectures followed by workshops or seminars. Here students will participate in small group discussions based around material presented in the lectures using prescribed reading and case studies.

Notes

This module introduces students to a range of issues that influence food and lifestyle preferences and practices. Students will thus be able to locate such factors of influence within wider social, cultural and political landscapes. The interdisciplinary nature of the module, (sociology, anthropology, economics, politics etc) demonstrates the varied manner in which topics may be discussed and examined. This will facilitate students' critical and lateral thinking and encourage complimentary modes of analysis. Evidence from this module may contribute to WoW certification.