

Summary Information

Module Code	4102SPS
Formal Module Title	Physical Activity and Health 1
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 4
Grading Schema	40

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Lee Graves	Yes	N/A

Module Team Member

Contact Name	Applies to all offerings	Offerings
Milly Blundell	Yes	N/A
Lawrence Foweather	Yes	N/A
Sarah Taylor	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

Learning Methods

Learning Method Type	Hours
Lecture	30
Tutorial	14
Workshop	4

Module Offering(s)

Offering Code	Location	Start Month	Duration
JAN-CTY	CTY	January	12 Weeks

Aims and Outcomes

Aims	This module aims to: develop students' knowledge and understanding of the fundamental principles of physical activity, sedentary behaviour and health. develop students' ability to apply this knowledge and understanding to authentic real-world scenarios for different population subgroups. develop students' ability to access, analyse, report and explain scientific literature and quantitative data.
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Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	Explain the benefits of physical activity and reducing sedentary behaviour.
MLO2	Explain the guidelines for physical activity and sedentary behaviour.
MLO3	Access, analyse and report physical activity and/or sedentary behaviour data.
MLO4	Analyse and explain individual-level influences on physical activity and/or sedentary behaviour.

Module Content

Outline Syllabus
Key definitions in physical activity, sedentary behaviour and health Types of research and measures in this area The behavioural epidemiology framework The benefits of physical activity and reducing sedentary behaviour Guidelines for physical activity and sedentary behaviour The socio-ecological model Individual-level influences on physical activity and sedentary behaviour Prevalence, patterns and trends in physical activity and sedentary behaviour

Module Overview

Additional Information

BUES and AfN mapped.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Portfolio	Portfolio	50	0	MLO2, MLO1
Presentation	Group narrated presentation	50	0	MLO4, MLO3