

Liverpool John Moores University

Title: Sport and Physical Activity, Exercise and Health
Status: Definitive
Code: **4104FDSDEV** (119391)
Version Start Date: 01-08-2018

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

Team	Leader
Cath Walker	

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	23
Seminar	23
Tutorial	2

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	Report & E		60	
Presentation	Presentati		40	

Aims

The aims of this module are to examine the role of physical activity, exercise and health in relation to sport.

Learning Outcomes

After completing the module the student should be able to:

- 1 Evaluate the health-related impact of sport and physical activity
- 2 Evaluate the impact of real and perceived barriers to lifelong physical activity.
- 3 Evaluate the future role of sport and physical activity in improving health.
- 4 Interpret and appraise the various opportunities available to undertake health benefiting activity.

Learning Outcomes of Assessments

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

Group Report and Evaluation	1	2
20 minute Group Presentation	3	4

Outline Syllabus

- *Evaluation of definitions of Health and longevity?*
- *Discussion of benefits and challenges of delivering Sport & Physical Activity ?*
- *Barriers to physical activity/exercise e.g. obesity*
- *Promoting physical activity/exercise e.e. nutrition and diet*
- *Delivering physical activity/exercise e.g. stretching, key organisations*
- *Benefits of physical activity, exercise and health in relation to sport*

Learning Activities

Students will participate in lectures and seminars throughout the module, both in groups and as individuals through tutorials. Activities will be student based and will enable participation to work in groups investigating the field of physical activity, exercise and health in relation to sport.

Notes

This module will enable students to investigate the relationship between Sport and Physical Activity. The module will encourage the students to examine and discuss the delivery and application of physical activity in the UK today.