

Module Information

2022.01, Approved

Summary Information

Module Code	4106SPOSCI
Formal Module Title	Physical Activity, Sedentary Behaviour and Health Foundations
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 4
Grading Schema	40

Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

Learning Methods

Learning Method Type	Hours
Lecture	22
Practical	4
Workshop	22

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
JAN-CTY	CTY	January	12 Weeks

Aims and Outcomes

Aims	The aim of this module is to introduce the principles underpinning the promotion of physically active, low sedentary, healthy lifestyles. The structure of this module, and associated modules at level 5 and 6, is guided by the behavioural epidemiology framework. The module also aims to provide an introduction to quantitative and qualitative methodologies in physical activity (PA) and sedentary behaviour (SB) research, and to develop skills in data analyses and interpretation.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Explain the relationship between physical activity, sedentary behaviour and health outcomes
MLO2	2	Identify current national and international policies and guidelines related to physical activity and sedentary behaviour
MLO3	3	Explain methods for assessing physical activity and sedentary behaviour
MLO4	4	Analyse, interpret and explain quantitative and qualitative data related to physical activity and sedentary behaviour levels and participation

Module Content

Outline Syllabus	Definitions and concepts underpinning physical activity (PA), sedentary behaviour (SB) and health Behavioural epidemiology framework PA and SB policy and guidelines Patterns and secular trends in PA and SB Measurement of PA and SB Determinants and correlates of PA and SB
Module Overview	The aim of this module is to introduce you to the principles underpinning the promotion of physically active, low sedentary, healthy lifestyles. The module also aims to provide an introduction to quantitative and qualitative methodologies in physical activity and sedentary behaviour research, developing your skills of data analyses and interpretation.
Additional Information	This module is designed to develop the student's basic knowledge and understanding of the principles underpinning the promotion of physically active, low sedentary, healthy lifestyles. This will be evaluated by the completion of the relevant assessment tasks. This module will incorporate support strategies in an attempt to ensure student progression. This will include feed forward and feedback on assessment and personal tutorial support. This will be augmented with various resources that facilitate self directed exploration of the underpinning principles introduced. The Association for Nutrition (AfN) competencies covered in this module include: CC1i Nutrition in health and disease, consequences of an unbalanced diet for either human or animal systems. CC1p Health research methods, dietary nutrition methodologies and nutritional epidemiology for either human or animal systems. CC3a Food or feed and nutrition and health policy (at global, national and local level) for either human or animal systems CC3c Factors that affect an individual's, communities' and population groups' nutritional needs and practices for either human or animal systems. CC3d Religious and cultural beliefs and practices that impact on food, nutrition and health CC3e Consideration of financial/social and environmental circumstances on diet and nutritional intake CC3f Theories and application of methods of improving health, behaviour and change for either human or animal systems CC3h Theories of nutrition health education and nutrition health promotion (humans only) CC4b Theory and methods of investigating the dietary, nutrient and activity patterns of the general population, sub groups and the individual for either human or animal systems. CC4h Ability to integrate knowledge and understanding from a variety of sources to identify or propose solutions in one of the following areas: Improvement of human health or improvement of the welfare and/or productivity of animals or improvement of food production and sustainability. - Legal context of nutrition practice; including current relevant legislation and guidelines to providing information to individuals. CC5c Legal context of nutrition practice; including current relevant legislation and guidelines to providing information to individuals. CC5d Responsibilities and accountability in relation to the current national and international legislation, national guidelines, local policies and protocols and clinical/corporate Governance in relation to nutrition.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Test	Online MCQ	40	0	MLO2, MLO1
Presentation	Poster & online test	60	0	MLO4, MLO3

Module Contacts

Module Leader

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

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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