

Liverpool John Moores University

Title: PHYSICAL ACTIVITY, SEDENTARY BEHAVIOUR AND HEALTH FOUNDATIONS
Status: Definitive
Code: **4106SPOSCI** (123197)
Version Start Date: 01-08-2021
Owning School/Faculty: Sport and Exercise Sciences
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
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Academic Level: FHEQ4 **Credit Value:** 20 **Total Delivered Hours:** 48
Total Learning Hours: 200 **Private Study:** 152

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	22
Practical	4
Workshop	22

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Test	AS1	Online MCQ test	40	
Portfolio	AS2	Group poster presentation and viva	60	

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.

Learning Outcomes

After completing the module the student should be able to:

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

Learning Outcomes of Assessments

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

Online MCQ	2	1
Poster & online test	4	3

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

Learning Activities

Students are expected to attend time-tabled lectures, practicals and workshops and are encouraged to utilise the available directed learning/private study time and resources made available via the virtual learning platforms. Students should seek advice from module staff and/or conduct essential reading as directed. Some of the teaching sessions will contain practical based activities where students will be required to use their analytical, statistical and problem solving skills to enhance their own learning. Students should complete the required and recommended reading to widen their knowledge, understanding and their ability to apply module material. Students will be required to evidence this in exams, the production of their coursework, in practical/tutorial discourse, and via learning platform tasks.

Notes

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.