

## Liverpool John Moores University

Title: Society, Health & Behaviour  
Status: Definitive  
Code: **4110SSLN** (123064)  
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences  
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
Kathryn Curran	Y
Lucinda Richardson	

**Academic Level:** FHEQ4      **Credit Value:** 20      **Total Delivered Hours:** 42  
**Total Learning Hours:** 200      **Private Study:** 158

### Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	20
Workshop	20

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	Blog Post (2,000 words)	50	
Exam	AS2	Exam	50	2

### Aims

*To provide an introduction to behavioural, social, cultural, political, psychological and environmental issues associating to behaviours related to food choices and health 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 food and health choices, habits and behaviour 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	1	2
Exam	1	2

### **Outline Syllabus**

*Contemporary and social issues, such as social class, gender, poverty, education and health inequality and disadvantage as factors in food and lifestyle choices, beliefs, practices and behaviours. Discuss the sociology of the self, gender and the body and relation to social environment and social identity as factors of influence. Freedom and choice as mediated through social, economic and cultural structures. Consider mass media and marketing, and the effect of symbolism, semiotics, ritual, rites and cultural expression. Examine the politics of food, lifestyle and behaviour alongside psychology of food/lifestyle choices.*

### **Learning Activities**

The module will be delivered by means of lectures followed by workshops. 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, health and behaviour in context with 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.