

Liverpool John Moores University

Title: Introduction to Sport & Nutrition for Health 1
Status: Definitive
Code: **4111SSLN** (123067)
Version Start Date: 01-08-2021

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

Team	Leader
Ian Beattie	Y
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Academic Level: FHEQ4 **Credit Value:** 20 **Total Delivered Hours:** 40
Total Learning Hours: 200 **Private Study:** 160

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	20
Seminar	20

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	AS1	Presentation (20 Minutes) plus supporting documentatoin	100	

Aims

To provide an introduction to the topic area of Sport and Nutrition for Health. To examine operational definitions and to set them into a theoretical context. To ensure students are aware of and understand the factors that may influence people's activity and eating behaviours as well as the recommended requirements for both activity and nutritional needs in relation to health.

Learning Outcomes

After completing the module the student should be able to:

- 1 Examine the concept of health and evaluate the impact of physical activity, sport, nutrition and diet on health
- 2 Explore current physical activity and dietary recommendations for the UK population
- 3 Examine the impact of real and perceived barriers to lifelong physical activity and healthy eating behaviours

Learning Outcomes of Assessments

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

Presentation (20 Minutes) 1 2 3

Outline Syllabus

This module will allow you to develop and understanding about the importance of nutrition and physical activity to human health. You will gain an overview of the key recommendations and policies regarding healthy eating and physical activity guidelines. Alongside this, you will look at how to promote health through being active and eating well and consider the barriers that exist which may preventing individuals and groups of the population from achieving current recommendations.

Learning Activities

Students will participate in lectures and seminars throughout the module. They will work as groups and individuals to investigate the area of sport, nutrition and health. Students will engage in tutorials and activities will be student centred.

Notes

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