

Liverpool John Moores University

Title: Introduction to Sport & Nutrition for Health 2
Status: Definitive
Code: **4112SSLN** (123072)
Version Start Date: 01-08-2021

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

Team	Leader
Ian Beattie	Y

Academic Level: FHEQ4 **Credit Value:** 20 **Total Delivered Hours:** 40
Total Learning Hours: 200 **Private Study:** 160

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	20
Seminar	20

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	AS1	Report (2,500 words)	60	
Reflection	AS2	Reflection (1,500 words)	40	

Aims

This module aims to give students an understanding of processes of good practice in sport and nutrition community based delivery. It aims to introduce students to working and delivering.

Learning Outcomes

After completing the module the student should be able to:

- 1 Understand best practice in community-based health improvement projects (physical activity, sport and nutrition related)
- 2 Identify legislative issues such as those concerning health and safety, safeguarding, volunteering and the legal requirements in best practice
- 3 Take a lead role in a practical community-based example of sport and nutrition delivery and practice

Learning Outcomes of Assessments

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

Report	1	2	3
Reflection	1	2	3

Outline Syllabus

Exploring the concept and theories of community-based projects to develop physical activity, sport and nutrition delivery programmes. Work-related learning placement within a sport and nutrition context. Legal and best practice requirements. Health and safety and safeguarding issues when working in sport development. Volunteering and leading in community health development projects.

Learning Activities

In this module students will undertake work-related learning that exemplifies the theory delivered through lectures and seminars. This will enable the assessment to consider both the theoretical underpinning and the practice of the processes within sport and nutrition for health.

Notes

Students will participate in lectures, seminars and practical. They will also be involved in work-related learning that requires their practical involvement in an example of a community-based health improvement project.