

Module Information

2022.01, Approved

Summary Information

Module Code	4114SSLN
Formal Module Title	Understanding Theories and Practice of Sport and Nutrition for Health
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	20
Seminar	20

Module Offering(s)

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

Aims and Outcomes

Aims	Introduce students to psychological, sociological and physiological theoretical and methodological frameworks of sport, physical activity/exercise and nutrition. Encourage students to think in an informed and critical way about the role and impact of sport, physical activity and nutrition related behaviours from these theoretical perspectives. The module also aims to give students an understanding of good practice in a community based setting.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Examine and explain the physical, mental and social constructs of physical activity/sport participation and food and nutrition related behaviours
MLO2	2	Identify and understand different theoretical and research perspectives and how they can be applied to examine the role and impacts of sport, physical activity and nutrition in communities and various settings
MLO3	3	Understand best practice to design and deliver health improvement sessions in a community based setting

Module Content

Outline Syllabus	Examination of a range of theoretical perspectives of physical activity, sport, exercise, food and nutrition. Analysis of how different theoretical perspectives influence our understanding of lifestyle and health behaviours. Introduction to the role that research can play in developing knowledge and understanding of sport, physical activity and nutrition related theory and practice
Module Overview	The aim of this module is to introduce you to psychological, sociological and physiological theoretical and methodological frameworks of sport, physical activity/exercise and nutrition.
Additional Information	This module is intended to develop an understanding and appreciation of the theoretical principles, policies and practices that underpin sport, physical activity and nutrition. By considering the relationship between the application of research evidence to the development of theories it is envisaged that students will be better equipped to apply theory into practice.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Portfolio	Report	40	0	MLO1, MLO2, MLO3
Essay	Essay	60	0	MLO1, MLO2, MLO3

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Sally-Ann Starkey	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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