

Liverpool John Moores University

Title: Understanding Theories & Practice of Sport and Nutrition for Health
Status: Definitive
Code: **4114SSLN** (123077)
Version Start Date: 01-08-2021
Owning School/Faculty: Sport and Exercise Sciences
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
Sally Starkey	Y
Ian Beattie	

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 (2,000 words)	40	
Essay	AS2	Essay (2,500 words)	60	

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.

Learning Outcomes

After completing the module the student should be able to:

- 1 Examine and explain the physical, mental and social constructs of physical activity/sport participation and food and nutrition related behaviours
- 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
- 3 Understand best practice to design and deliver health improvement sessions in a community based setting

Learning Outcomes of Assessments

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

Report	1	2	3
Essay	1	2	3

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

Learning Activities

This module will be taught in Lectures and in smaller group seminars that could include, practicals, IT support sessions, group-work, the use of discussion boards and debates.

Notes

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.