

Summary Information

Module Code	4506SPOPID
Formal Module Title	Physical Activity, Health and Wellbeing Foundations
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 4
Grading Schema	40

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Dominic Doran	Yes	N/A

Module Team Member

Contact Name	Applies to all offerings	Offerings
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Partner Module Team

Contact Name	Applies to all offerings	Offerings
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Teaching Responsibility

LJMU Schools involved in Delivery
LJMU Partner Taught

Partner Teaching Institution

Institution Name
Portobello Institute

Learning Methods

Learning Method Type	Hours
Lecture	22
Practical	4
Workshop	22

Module Offering(s)

Offering Code	Location	Start Month	Duration
JAN-PAR	PAR	January	12 Weeks

Aims and Outcomes

Aims	The aim of this module is to introduce the principles underpinning the promotion of physically active, low sedentary, healthy lifestyles. The structure of this module is guided by the behavioural epidemiology framework. The module also aims to provide an introduction to quantitative and qualitative methodologies in physical activity (PA) and sedentary behaviour (SB) research, and to develop skills in data analyses and interpretation.
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Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	Explain the relationship between physical activity, sedentary behaviour and health outcomes
MLO2	Identify current national and international policies and guidelines related to physical activity and sedentary behaviour
MLO3	Explain methods for assessing physical activity and sedentary behaviour
MLO4	Analyse, interpret and explain quantitative and qualitative data related to physical activity and sedentary behaviour levels and participation

Module Content

Outline Syllabus

Definitions and concepts underpinning physical activity (PA), sedentary behaviour (SB) and health
Behavioural epidemiology framework
PA and SB policy and guidelines
Patterns and secular trends in PA and SB
Measurement of PA and SB
Determinants and correlates of PA and SB

Module Overview

Additional Information

This module is designed to develop the student's basic knowledge and understanding of the principles underpinning the promotion of physically active, low sedentary, healthy lifestyles. This will be evaluated by the completion of the relevant assessment tasks. This module will incorporate support strategies in an attempt to ensure student progression. This will include feed forward and feedback on assessment and personal tutorial support. This will be augmented with various resources that facilitate self directed exploration of the underpinning principles introduced. The Association for Nutrition (AfN) competencies covered in this module include: CC1i Nutrition in health and disease, consequences of an unbalanced diet for either human or animal systems. CC1p Health research methods, dietary nutrition methodologies and nutritional epidemiology for either human or animal systems. CC3a Food or feed and nutrition and health policy (at global, national and local level) for either human or animal systems. CC3c Factors that affect an individual's, communities' and population groups' nutritional needs and practices for either human or animal systems. CC3d Religious and cultural beliefs and practices that impact on food, nutrition and health. CC3e Consideration of financial/social and environmental circumstances on diet and nutritional intake. CC3f Theories and application of methods of improving health, behaviour and change for either human or animal systems. CC3h Theories of nutrition health education and nutrition health promotion (humans only). CC4b Theory and methods of investigating the dietary, nutrient and activity patterns of the general population, sub groups and the individual for either human or animal systems. CC4h Ability to integrate knowledge and understanding from a variety of sources to identify or propose solutions in one of the following areas: Improvement of human health or improvement of the welfare and/or productivity of animals or improvement of food production and sustainability. - Legal context of nutrition practice; including current relevant legislation and guidelines to providing information to individuals. CC5c Legal context of nutrition practice; including current relevant legislation and guidelines to providing information to individuals. CC5d Responsibilities and accountability in relation to the current national and international legislation, national guidelines, local policies and protocols and clinical/corporate Governance in relation to nutrition.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Test	Online MCQ	40	0	MLO1, MLO2
Presentation	Poster & online test	60	0	MLO3, MLO4