

## Liverpool John Moores University

Title: Introduction to Health Studies  
Status: Definitive  
Code: **4507SSLNBF** (124731)  
Version Start Date: 01-08-2018

Owning School/Faculty: Sports Studies, Leisure and Nutrition  
Teaching School/Faculty: Blackpool & Fylde College

Team	Leader
Sally Starkey	Y

**Academic Level:** FHEQ4  
**Credit Value:** 20  
**Total Delivered Hours:** 48  
**Total Learning Hours:** 200  
**Private Study:** 152

### Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	12
Practical	18
Seminar	9
Workshop	9

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	Report	Report (2000 words)	40	
Essay	Case Study	Health Model Case Study (2500 words equiv)	60	

### Aims

*The module will introduce you to the theoretical concept of health promotion and practical evidence based health improvement principles that could be used to elevate the health status of individuals and communities and enable people to have more control over their health behaviour choices.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Describe key barriers that influence and impact upon a person's health.
- 2 Explain how an individual's lifestyle can impact upon a person's health.
- 3 Examine the role of the practitioner in helping to promote the health and well-being of various population groups.

## Learning Outcomes of Assessments

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

Report (2000 words)	1	2	3
Case Study 2500 words	1	2	3

## Outline Syllabus

*What is Health?*

*Examine the consequences of 'lifestyle' choice.*

*What is Sport & Physical Activity and is it good for you?*

*Basic nutritional requirements and needs.*

*Barriers and benefits to physical activity and healthy eating.*

*Identifying local projects aims and objectives.*

*Applying for voluntary service.*

## Learning Activities

Study skills techniques

Lecture based workshops and seminars

Presenting health information in practical environments

Peer and Self-reflection

VLE Forums online

Health analysis

Evaluating case studies

Trips and guest speakers from health practitioners

## Notes

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.