

Liverpool John Moores University

Title: HEALTH AND LIFESTYLE PROMOTION
Status: Definitive
Code: **5010FDSDEV** (106571)
Version Start Date: 01-08-2016

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

Team	Leader
Cath Walker	Y

Academic Level: FHEQ5
Credit Value: 12
Total Delivered Hours: 80
Total Learning Hours: 120
Private Study: 40

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Online	65
Seminar	8
Tutorial	7

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	AS1	Coursework (50%) 2000 words maximum	50	
Practice	AS2	Practical assessment (50%)	50	

Aims

This module examines the individual's circumstances with a view to giving sound, effective advice on lifestyle factors such as activity, diet, smoking and stress. A number of basic, field-based evaluation procedures to assess physical capabilities and health issues will also be considered.

Learning Outcomes

After completing the module the student should be able to:

- 1 evaluate a range of lifestyle factors relevant to activity participation;
- 2 apply this information to the formation of strategies designed to enhance activity;
- 3 enhance their knowledge of appropriate evaluation techniques;
- 4 compare methods for gathering appropriate and relevant information.

Learning Outcomes of Assessments

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

EXAM	1	2	3	4
Practical Assessment	1	2	3	4

Outline Syllabus

This module will cover the following topics:

- a) methods of information gathering;*
- b) lifestyle issues: stress, activity, smoking, alcohol, diet;*
- c) appropriate selection of evaluation methods and tests;*
- d) appropriate activities and intensities;*
- e) coordination of individual profiles with activity advice.*

Learning Activities

Lectures, Seminars, workshops, Practical analysis

Notes

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