

Liverpool John Moores University

Title: Physical Activity and the Lifecycle
Status: Definitive
Code: **5011SPONUT** (120676)
Version Start Date: 01-08-2019

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

Team	Leader
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Academic Level: FHEQ5 **Credit Value:** 24 **Total Delivered Hours:** 48
Total Learning Hours: 240 **Private Study:** 192

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	23
Tutorial	1
Workshop	24

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	Ass. 1	Group presentation (20 minutes)	40	
Essay	Ass. 2	3000 word essay	60	

Aims

The aim of this module is to examine the role of sport and physical activity in relation to health across the lifespan (from childhood to old age).

Learning Outcomes

After completing the module the student should be able to:

- 1 Evaluate the health-related impact of sport and physical activity on health across the lifecycle.
- 2 Evaluate the solutions to removing physical activity barriers experienced throughout the lifecycle.
- 3 Interpret and appraise the various opportunities available to undertake health-benefiting activity across the lifecycle.

Learning Outcomes of Assessments

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

Group presentation (20 minutes)	1	
3,000 word assignment	2	3

Outline Syllabus

Evaluation of the health-related impact of sport, physical activity and lifestyle choices upon health and wellbeing to maximise participation. Promoting physical activity and healthy lifestyles

Delivering physical activity solutions to barriers to physical activity & motivating factors relating to physical activity in populations of all ages.

The relationship between sport, activity and holistic health and wellbeing at different points across the lifespan

Interpret and appraise the current and future role of sport and physical activity opportunities for improving health and wellbeing of the whole population.

Learning Activities

Students will participate in lectures and seminars throughout the module, both in groups and as individuals through tutorials. Activities will be student-centered and will enable participants to work in groups investigating the field of sport and health.

Notes

This module is intended to develop an understanding of the fundamental role of sport and physical activity within health. By considering the relationship between and the similarities and differences between the two, it is intended that students will be able to appraise this role further.