

Liverpool John Moores University

Title: Sport, Physical Activity and Health
Status: Definitive
Code: **5024SPODEV** (117285)
Version Start Date: 01-08-2019

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

Team	Leader
Ian Beattie	Y
John Hayton	
Tabo Huntley	
Ceriann Magill	
Sally Starkey	
Angus Rylie	
Victoria Boyd	
Simon Roberts	
Track Dinning	
Milly Blundell	
Cath Walker	
Danny Cullinane	
Louise Williams	
Julie Money	
Sarah Nixon	
Barbara Walsh	

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	50	
Essay	Ass. 2	2000 word assignment	50	

Aims

The aims of this module are to examine the role of sport and physical activity in the achievement of health.

Learning Outcomes

After completing the module the student should be able to:

- 1 Evaluate the health-related impact of sport, physical activity and lifestyle choices upon health and wellbeing to maximise participation.
- 2 Evaluate the impact of real and perceived barriers to lifelong physical activity
- 3 Interpret and appraise the current and future role of sport and physical activity opportunities for improving health and wellbeing.

Learning Outcomes of Assessments

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

Group presentation	2	3
2,000 word assignment	1	

Outline Syllabus

What is Health and well being?

Is Sport & Physical Activity good for you?

Barriers to physical activity & motivating factors relating to physical activity

Promoting physical activity and healthy lifestyles

Delivering physical activity

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.