

Summary Information

Module Code	5053SPS
Formal Module Title	Exercise and Health Psychology
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 5
Grading Schema	40

Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

Learning Methods

Learning Method Type	Hours
Lecture	22
Practical	22

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-CTY	CTY	September	12 Weeks

Aims and Outcomes

Aims	This module aims to develop knowledge and understanding of the role of psychology in promoting physical activity and exercise for health.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Analyse the relationship between physical activity/exercise and health (physical and psychological).
MLO2	2	Evaluate and apply behaviour change theories, in people living with long-term conditions, for physical activity/exercise uptake and adherence.
MLO3	3	Apply qualitative research skills to understanding exercise and health psychology.

Module Content

Outline Syllabus	The exercise/physical activity landscape (e.g., physiological and psychological benefits, population differences, the type/setting of exercise/physical activity). Designing and evaluating exercise/physical activity health promotion campaigns including the use of behaviour change theories.
Module Overview	
Additional Information	BPS mapped.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Presentation	Poster Presentation	40	0	MLO1, MLO2
Report	Report (1000-words)	60	0	MLO1, MLO3

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Laura Thomas	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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