

Physical Activity and Health 2

Module Information

2022.01, Approved

Summary Information

Module Code	5102SPS
Formal Module Title	Physical Activity and Health 2
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 6
Grading Schema	40

Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

Learning Methods

Learning Method Type	Hours
Lecture	24
Practical	2
Tutorial	8
Workshop	14

Module Offering(s)

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

Aims and Outcomes

Aims	To develop students' theoretical knowledge and understanding of socio-ecological influences on physical activity and sedentary behaviour through analysis of scientific literature in different population subgroups. To analyse the strengths and limitations of methods to assess physical activity and sedentary behaviour, and to equip students with the skills to conduct a brief assessment of physical activity with a client, including assessment administration, analysis, and feedback.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Analyse and interpret factors that influence physical activity and sedentary behaviour
MLO2	2	Analyse the strengths and limitations of methods for assessing physical activity and sedentary behaviour
MLO3	3	Assess physical activity and communicate results to a lay person

Module Content

Outline Syllabus	Influences on physical activity and sedentary behaviour. Whole system approaches to physical activity and the socio-ecological model: Individual; social; environment; organisation; policy. Assessment of physical activity and sedentary behaviour: Measurement principles device-based measures; subjective measures; brief assessment and advice
Module Overview	
Additional Information	BUES mapped.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Practice	Simulated Observation	50	0	MLO3, MLO2
Presentation	Group presentation	50	0	MLO1

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Lawrence Foweather	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings