

Module Information

2022.01, Approved

Summary Information

Module Code	5106SPOSCI
Formal Module Title	Physical Activity, Sedentary Behaviour and Health Principles
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	44
Seminar	4

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
JAN-CTY	CTY	January	12 Weeks

Aims and Outcomes

Aims	The aim of this module is to develop the student's theoretical knowledge and practical skills required for the promotion of physically active, low sedentary, healthy lifestyles. The structure of this module, and associated modules at level 4 and 6, is guided by the behavioural epidemiology framework. The module also aims to provide practical opportunities to develop skills associated with the assessment of physical activity and sedentary behaviour.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Deploy a physical activity or sedentary behaviour assessment method, analyse and interpret an associated data set, and communicate the findings to a participant in a practical situation
MLO2	2	Analyse the strengths and limitations of methods for assessing physical activity and sedentary behaviour
MLO3	3	Analyse determinants and correlates of physical activity and sedentary behaviour

Module Content

Outline Syllabus	Definitions and concepts underpinning physical activity (PA), sedentary behaviour (SB) and health Behavioural epidemiology framework Social-ecological model Measurement of PA and SB Determinants and correlates of PA and SB Communicating PA and SB information
Module Overview	The aim of this module is to develop your theoretical knowledge and practical skills required for the promotion of physically active, low sedentary, healthy lifestyles. The module also aims to provide practical opportunities to develop skills associated with the assessment of physical activity and sedentary behaviour.
Additional Information	This module is designed to further develop the student's knowledge and understanding of the principles underpinning the promotion of physically active, low sedentary, healthy lifestyles. This will be evaluated by the completion of the relevant assessment tasks. This module will incorporate support strategies in an attempt to ensure student progression. This will include feed forward and feedback on assessment and personal tutorial support. This will be augmented with various resources that facilitate self directed exploration of the underpinning principles introduced.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Essay	Individual practical sim	50	0	MLO1, MLO2
Presentation	Group presentation	50	0	MLO3

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
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