

## Liverpool John Moores University

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Title: PHYSICAL ACTIVITY, SEDENTARY BEHAVIOUR AND HEALTH PRINCIPLES  
Status: Definitive  
Code: **5106SPOSCI** (123206)  
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences  
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
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**Academic Level:** FHEQ5      **Credit Value:** 20      **Total Delivered Hours:** 48  
**Total Learning Hours:** 200      **Private Study:** 152

### Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	44
Seminar	4

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Practice	Practical	Individual practical simulation and viva	50	
Presentation	Pres	Group presentation	50	

### 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.*

## **Learning Outcomes**

After completing the module the student should be able to:

- 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
- 2 Analyse the strengths and limitations of methods for assessing physical activity and sedentary behaviour
- 3 Analyse determinants and correlates of physical activity and sedentary behaviour

## **Learning Outcomes of Assessments**

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

Individual practical sim	1	2
Group presentation	3	

## **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*

## **Learning Activities**

Students are expected to attend time-tabled lectures and are encouraged to utilise the available directed learning/private study time and resources made available via the virtual learning platforms. Students should seek advice from module staff and/or conduct essential reading as directed. Some of the teaching sessions will contain activities where students will be required to use their analytical, statistical and problem solving skills to enhance their own learning. Students should complete the required and recommended reading to widen their knowledge, understanding and their ability to apply module material. Students will be required to evidence this in the production of their coursework, in practical/tutorial discourse, and via learning platform tasks.

## **Notes**

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.