

## Liverpool John Moores University

Title: Physical Activity Across the Lifecycle  
Status: Definitive  
Code: **5113SSLN** (123096)  
Version Start Date: 01-08-2021

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

Team	Leader
Ian Beattie	Y
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**Academic Level:** FHEQ5      **Credit Value:** 20      **Total Delivered Hours:** 40  
**Total Learning Hours:** 200      **Private Study:** 160

### Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	20
Seminar	20

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	Essay (2,500 words)	60	
Presentation	AS2	Group Presentation (20 minutes)	40	

### Aims

*The aim of this module is to examine the role of sport and physical activity in relation to health across the lifespan (from childhood to old age).*

### Learning Outcomes

After completing the module the student should be able to:

- 1 Evaluate the health-related impact of sport and physical activity on health across the lifecycle
- 2 Evaluate the solutions to removing physical activity barriers experienced throughout the lifecycle
- 3 Interpret and appraise the various opportunities available to undertake health benefiting activity across the lifecycle

### **Learning Outcomes of Assessments**

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

Essay	1	2	3
Presentation	1	2	3

### **Outline Syllabus**

*Evaluation of the health-related impact of sport, physical activity and lifestyle choices upon health and wellbeing to maximise participation. Promoting physical activity and healthy lifestyles. Delivering physical activity solutions to barriers to physical activity & motivating factors relating to physical activity in populations of all ages. The relationship between sport, activity and holistic health and wellbeing at different points across the lifespan. Interpret and appraise the current and future role of sport and physical activity opportunities for improving health and wellbeing of the whole population.*

### **Learning Activities**

Students will participate in lectures and workshops throughout the module. Activities will be student-centred and will enable participants to work individually and in groups to investigate the field of sport, physical activity and health.

### **Notes**

This module is intended to develop an understanding of the fundamental role of sport and physical activity within health across the lifecycle. 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