

## Liverpool John Moores University

Title: SPORT AND HEALTH  
Status: Definitive  
Code: **5213SPODEV** (104376)  
Version Start Date: 01-08-2016

Owning School/Faculty: Sports Studies, Leisure and Nutrition  
Teaching School/Faculty: Sports Studies, Leisure and Nutrition

Team	Leader
Sally Starkey	Y

**Academic Level:** FHEQ5  
**Credit Value:** 24  
**Total Delivered Hours:** 42  
**Total Learning Hours:** 240  
**Private Study:** 198

### Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	20
Seminar	20
Tutorial	2

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	AS1	Group Presentation (20 minuets)	40	
Presentation	AS2	Assignment (4,000 words)	60	

### Aims

*The aims of this module is to examine the role of sport and physical activity in the achievement of health.*

### Learning Outcomes

After completing the module the student should be able to:

- 1 Evaluate the health-related impact of sport and physical activity
- 2 Appraise the relationship between physical activity and lifecourse epidemiology
- 3 Contextualise the multidimensional model of health
- 4 Evaluate the differences between sport and physical activity's impact on health
- 5 Interpret and appraise the various opportunities available to undertake health benefiting activity
- 6 Evaluate the impact of real and perceived barriers to lifelong physical activity

### **Learning Outcomes of Assessments**

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

Presentation	1	2	3
Assignment	4	5	6

### **Outline Syllabus**

*What is Health?*

*Sport & Physical Activity; they're both good for you?*

*Barriers to physical activity*

*Promoting physical activity*

*Delivering physical activity*

### **Learning Activities**

Students will participate in lectures, workshops and seminars throughout the module, both in groups and as individuals through tutorials. Activities will be student centred and will enable participants to Work in Groups investigating the field of sport and health

### **Notes**

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