

Liverpool John Moores University

Title: Scientific Principles of PE 1
Status: Definitive
Code: **5311SSLN** (126164)
Version Start Date: 01-08-2021

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

Team	Leader
Ceriann Magill	Y

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	AS 1	Essay (2500 words)	60	
Presentation	AS 2	Presentation (2000 word equivalent)	40	

Aims

The module aims to introduce the nutritional and psychological perspectives that contribute to learning and development in physical education.

Learning Outcomes

After completing the module the student should be able to:

- 1 Examine the contribution of a range of nutritional and psychological methods to support practical performance and health in relation to physical education.
- 2 Demonstrate an understanding of the importance of diet, energy production and physical development to support physical education.
- 3 Consider the importance of psychological concepts to support physical education.

Learning Outcomes of Assessments

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

Essay (2500 words)	1	2	3
Presentation (2000 words)	1	2	3

Outline Syllabus

An understanding of nutritional and psychological theories relevant to physical education. Recognition of the different food sources, energy requirements and physical development processes relevant to physical education. An awareness of psychological concepts that can support physical education practices.

Learning Activities

The module content will be explored in lectures and through workshops. Theoretical lectures will provide appropriate subject knowledge to support practical application.

Notes

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