

Scientific Principles of PE 1

Module Information

2022.01, Approved

Summary Information

Module Code	5311SSLN
Formal Module Title	Scientific Principles of PE 1
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	20
Seminar	20

Module Offering(s)

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

Aims and Outcomes

Aims	The module aims to introduce the nutritional and psychological perspectives that contribute to learning and development in physical education.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Examine the contribution of a range of nutritional and psychological methods to support practical performance and health in relation to physical education.
MLO2	2	Demonstrate an understanding of the importance of diet, energy production and physical development to support physical education.
MLO3	3	Consider the importance of psychological concepts to support physical education.

Module Content

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.
Module Overview	This module aims to introduce you to nutritional and psychological perspectives that contribute to learning and development in physical education.
Additional Information	

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Centralised Exam	Essay (2500 words)	60	0	MLO1, MLO2, MLO3
Centralised Exam	Presentation (2000 words)	40	0	MLO1, MLO2, MLO3

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Ceriann Magill	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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