

Summary Information

Module Code	5506SPOPID
Formal Module Title	Physical Activity, Health and Wellbeing 1
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 5
Grading Schema	40

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Dominic Doran	Yes	N/A

Module Team Member

Contact Name	Applies to all offerings	Offerings
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Partner Module Team

Contact Name	Applies to all offerings	Offerings
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Teaching Responsibility

LJMU Schools involved in Delivery
LJMU Partner Taught

Partner Teaching Institution

Institution Name
Portobello Institute

Learning Methods

Learning Method Type	Hours
Lecture	44
Seminar	4

Module Offering(s)

Offering Code	Location	Start Month	Duration
JAN-PAR	PAR	January	12 Weeks

Aims and Outcomes

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.
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Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	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
MLO2	Analyse the strengths and limitations of methods for assessing physical activity and sedentary behaviour
MLO3	Analyse determinants and correlates of physical activity and sedentary behaviour

Module Content

Outline Syllabus
Definitions and concepts underpinning physical activity (PA), sedentary behaviour (SB) and health Behavioural epidemiology frameworkSocial-ecological modelMeasurement of PA and SBDeterminants and correlates of PA and SBCommunicating PA and SB information

Module Overview

Additional Information

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.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Practice	Individual practical sim	50	0	MLO1, MLO2
Presentation	Group presentation	50	0	MLO3