

Liverpool John Moores University

Title: Applied Psychology of Health
Status: Definitive
Code: **5508SSLNBF** (124742)
Version Start Date: 01-08-2018

Owning School/Faculty: Sports Studies, Leisure and Nutrition
Teaching School/Faculty: Blackpool & Fylde College

Team	Leader
Sally Starkey	Y

Academic Level: FHEQ5
Credit Value: 20
Total Delivered Hours: 48
Total Learning Hours: 200
Private Study: 152

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	12
Practical	18
Seminar	9
Workshop	9

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	Pres	Presentation 30 mins. - Experimental proposal	60	
Report	Report	Report (2000) words	40	

Aims

The module aims to provide students with knowledge and understanding of human responses and adaptations to sport and exercise. Using a psychological approach, students acquire knowledge and understanding of sport and exercise performance and exercise adherence to promote health. A key module aim is to provide an

understanding of the application of theory to real 'applied' situations within sport and exercise settings.

Learning Outcomes

After completing the module the student should be able to:

- 1 Appraise eating behaviours throughout the lifestyle.
- 2 Critique psychological theories relating to physical activity and healthy eating throughout the lifestyle.
- 3 Identify and discuss health improvement issues relating to various population groups recognising theories of behaviour change.

Learning Outcomes of Assessments

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

Presentation 30 minutes	1	2	3
Report 2000 words	1	2	3

Outline Syllabus

*Theoretical concepts associated with Individual differences and personality.
Exercise behaviour.
Motivation.
Mental health.
Attention and focus.
Group dynamics.
leadership.
Goal setting.
Planning nutritional menus for various populations.*

Learning Activities

Study skills techniques
Lecture based seminars
Peer and Self-reflection
VLE Forums online
Health analysis
Evaluating case studies
Trips and guest speakers from health practitioners

Notes

This module discusses key psychological concepts which a practitioner needs to implement when promoting exercise adherence.

