

Liverpool John Moores University

Title: Developing Lifelong Health
Status: Definitive
Code: **5511SSLNBF** (124745)
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	12
Seminar	15
Workshop	9

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	Project	Consultancy Project (2500 words)	60	
Essay	Essay	Essay (2000) words	40	

Aims

The module will introduce you to the theoretical concept of lifelong health promotion and practical evidence based health improvement principles that could be used to elevate the health status of individuals and communities and enable people to have more control of their health behaviour choices.

Learning Outcomes

After completing the module the student should be able to:

- 1 Evaluate lifelong health from a multi-disciplinary perspective.
- 2 Identify and critique the barriers around participation in physical sport throughout the lifecycle.
- 3 Critically review opportunities available for health improvement and sustained lifestyle related behaviour change.

Learning Outcomes of Assessments

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

Consultancy Project 2500 words	1	2	3
Essay 2000 words	1	2	3

Outline Syllabus

Definitions of health and illness and community.

Examination of the potential barriers for participation in physical activity.

An introduction to Government policy (including EU etc.) on health and health improvement.

Health promotion: approaches, uses, limitations, ethics and applications of theories to promote behaviour change.

Health literacy and social marketing.

Reflection on own values and attitudes relating to health and lifestyle behaviour changes.

Learning Activities

Study skills techniques

Lecture based workshops and seminars

Presenting lifelong health promotion strategies to the community where possible

Peer and Self-reflection

VLE forums online

Health analysis

Evaluating case studies

Trips and guest speakers from health practitioners

Notes

This module discusses different approaches to 'disease prevention' and 'health promotion' and theories of behaviour (change), Government policy and lay perceptions of health within a contemporary socio-political context.

