

## Liverpool John Moores University

Title: CONTEMPORARY ISSUES IN PHYSICAL ACTIVITY RESEARCH  
Status: Definitive  
Code: **6002EXESCI** (114133)  
Version Start Date: 01-08-2011  
Owning School/Faculty: Sports Sciences  
Teaching School/Faculty: Sports Sciences

Team	Leader
Gareth Stratton	Y

**Academic Level:** FHEQ6      **Credit Value:** 24.00      **Total Delivered Hours:** 50.00  
**Total Learning Hours:** 240      **Private Study:** 190

### Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	20.000
Seminar	10.000
Tutorial	8.000
Workshop	10.000

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	Coursework Essay/Mini-research project	50.0	
Exam	AS2	Examination	50.0	2.00

### Aims

*This module aims to engage students in recent and relevant physical activity exercise and health research in relation to health promotion theories and current policies and strategies.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Critically evaluate current research methodologies used in physical activity and health research.
- 2 Review and evaluate a range of contemporary physical activity, exercise and health policies and strategies from a research and evidence perspective.
- 3 To critically analyse the limitations in current theoretical models in physical activity exercise and health promotion.
- 4 Synthesise and review research evidence in the area and apply the potential benefits to current and future efforts to increase physical activity.

## Learning Outcomes of Assessments

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

Essay (mini project)	1	4
EXAM	2	3

## Outline Syllabus

1. *Concepts and theories underpinning current physical activity, exercise and health research*
2. *Examination of research tools and instruments used in exercise and health research.*
3. *Analysis of links between research evidence, strategy and policy in health promotion.*
4. *Critical review of current methods used to measure physical activity*
5. *Critically examine contemporary evidence in current physical activity research priorities e.g obesity.*
6. *Review health and physical activity research from a multi-disciplinary perspective.*

## Learning Activities

Students will be required to attend lectures, some of which will be delivered by guest speakers. Seminars, tutorials and workshops will also be provided to enable students to critically debate and discuss contemporary research issues raised by the module content. Some fieldwork may also be used to enhance students understanding of the area. Students will be required to complete prescribed reading that will facilitate their completion of coursework tasks and examination.

## References

<b>Course Material</b>	Book
<b>Author</b>	Welk, GJ

<b>Publishing Year</b>	2002
<b>Title</b>	Physical activity assessments for health-related research
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Stratton, G et al.
<b>Publishing Year</b>	2006
<b>Title</b>	Regional mapping for the North West : sport, exercise, physical activity & health
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Naidoo, J. and Wills, J.
<b>Publishing Year</b>	2000
<b>Title</b>	Health Promotion: Foundations for practice.
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	London: Harcourt Publishers.
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	McKenna, J. and Riddoch, C.
<b>Publishing Year</b>	2003
<b>Title</b>	Perspectives on Health and Exercise.
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Hampshire: Palgrave Macmillan.
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Journals
<b>Publishing Year</b>	0
<b>Title</b>	
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Health Promotion International
<b>Publishing Year</b>	0

<b>Title</b>	
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Journal of Aging and Physical Activity
<b>Publishing Year</b>	0
<b>Title</b>	
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Medicine and Science in Sports and Exercise.
<b>Publishing Year</b>	0
<b>Title</b>	
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Preventive Medicine.
<b>Publishing Year</b>	0
<b>Title</b>	
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Journal of Sport and Exercise Psychology.
<b>Publishing Year</b>	0
<b>Title</b>	
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	American Journal of Public Health.
<b>Publishing Year</b>	0
<b>Title</b>	
<b>Subtitle</b>	

<b>Edition</b>	
<b>Publisher</b>	
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Bulletin of the World Health Organisation
<b>Publishing Year</b>	0
<b>Title</b>	
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	
<b>ISBN</b>	

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### Notes

This module aims to challenge students to engage in the academic debate surrounding current physical activity, exercise and health research. The work will be multi-disciplinary in nature and will also consider the link between research and physical activity policy and strategy.