

## Liverpool John Moores University

Title: SOCIO-ECONOMICS OF SPORT, EXERCISE AND HEALTH  
Status: Definitive  
Code: **6004SPOSCI** (114284)  
Version Start Date: 01-08-2011  
  
Owning School/Faculty: Sports Sciences  
Teaching School/Faculty: Sports Sciences

Team	Leader
Rebecca Murphy	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	28.000
Online	6.000
Seminar	8.000
Tutorial	6.000

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	AS1	Report	45.0	
Presentation	AS2	Presentation	10.0	
Exam	AS3	exam	45.0	2.00

### Aims

*This module aims to extend the knowledge base of health economics and its application in sport, exercise and fitness-related industries, including the economic benefits of habitual physical exercise in relation to health care cost, productivity and absenteeism, the economic effects and cost effectiveness of workplace fitness and exercise programmes and the societal cost and socio-economic implications of*

*sedentary illnesses.*

## **Learning Outcomes**

After completing the module the student should be able to:

- 1 Critically discuss key elements of health economics and their application to physical activities.
- 2 Critically evaluate the economic benefits of habitual physical exercise in relation to health care cost, productivity and absenteeism.
- 3 Critically evaluate the economic effects and cost effectiveness of workplace fitness and exercise programmes
- 4 Critically discuss the societal cost and economic implications of sedentary illnesses.

## **Learning Outcomes of Assessments**

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

report	1	2	4
short presentation	1	2	3
EXAM	1	2	4

## **Outline Syllabus**

*Socio-economic factors of sport, exercise and health*  
*Sport, physical activity and the economy*  
*Understanding health economics*  
*Income related inequalities in health and illness*  
*The economic cost of obesity*  
*Measuring the economic burden of illness*  
*Income related inequalities in sport participation and physical activity levels*  
*Understanding cost-benefit analysis in health economics*  
*Exercise and cost-effective preventative strategies for cardiovascular disease*  
*Exercise and cost-effective treatments of depression*  
*Exercise and cost-effective treatment of obesity*  
*The economic cost of a sedentary life-style*  
*Economic interventions to promote physical activity*

## **Learning Activities**

Students are expected to attend time-tabled lectures. They are encouraged to utilise the available directed learning and tutorial time to get advice from teaching staff and to conduct essential reading. Some of the teaching sessions will contain group-work activities

where students will be required to use their analytical and problem-solving skills to enhance their own learning.

Other activities will require the creation and presentation of PowerPoint presentations. Students should complete the required and recommended reading to widen their knowledge and understanding, along with their ability to critically evaluate and integrate material. Students will be required to evidence this in the production of their coursework essay and examination.

## References

<b>Course Material</b>	Book
<b>Author</b>	Culver, A.J.
<b>Publishing Year</b>	2000
<b>Title</b>	Handbook of Health Economics
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Elsevier
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Kernick, D.
<b>Publishing Year</b>	2002
<b>Title</b>	Getting Health Economics into Practice
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Radcliff Medical Press
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Kaman, R.L.
<b>Publishing Year</b>	1995
<b>Title</b>	Worksite Health Promotion Economics
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Human Kinetics
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Drummond, M. F. and McGuire, A.
<b>Publishing Year</b>	2001
<b>Title</b>	Economic Evaluation in Health Care: merging theory with practice
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Oxford University Press
<b>ISBN</b>	

## **Notes**

This course focuses on the economics of health and its relationship with exercise and fitness-related behavior. It analyses the economic benefits of habitual physical exercise in relation to health care cost, productivity and absenteeism and evaluates the cost effectiveness of fitness and exercise programmes at the workplace. Likewise, it discusses the socio-economic factors and economic implications of sedentary illnesses.