

Liverpool John Moores University

Title: APPLIED EXERCISE SCIENCE 3
Status: Definitive
Code: **6006EXESCI** (114123)
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: 36.00
Total Delivered Hours: 72.00
Total Learning Hours: 360
Private Study: 288

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	18.000
Off Site	10.000
Online	14.000
Practical	8.000
Seminar	8.000
Tutorial	4.000
Workshop	10.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	Category B assessment: Essay	33.0	
Presentation	AS2	Coursework group project and presentation	33.0	
Report	AS3	Work based learning report and completed e-portfolio	34.0	

Aims

The module aims to explore in detail a range of community based physical activity /

exercise intervention and evaluation strategies and programmes that impact on health and well-being e.g. exercise referral programmes. The module also aims to develop and refine students work related and professional skills in a work related setting.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically evaluate physical activity behaviour in the community and its impact on health.
- 2 Review and evaluate a range of community based intervention strategies for physical activity e.g. exercise referral, workplace activity programmes, childrens exercise referral etc, school-based activity, cardiac rehab.
- 3 Critically review research evidence in the area and discuss the potential benefits from a multi-disciplinary perspective.
- 4 Utilise specific tools and approaches when evaluating physical activity programmes.
- 5 Negotiate a work based learning placement, write key learning outcomes and reflect and articulate on exercise science issues from their professional experiences.
- 6 Maintain an e-portfolio of reflective practice and skill development appropriate to professional practice in Exercise Science

Learning Outcomes of Assessments

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

Essay	1	3
group project presentation	2	4
WRL report	5	6

Outline Syllabus

- 1. Physical activity and exercise promotion, exercise referral etc*
- 2. Physical activity settings*
- 3. Physical activity policy*
- 4. Physical activity and the environment*
- 5. Field based case study analysis.*
- 6. Approaches to multi-level evaluations e.g the RE-AIM framework*
- 7. Work based learning placement*

Learning Activities

Students will be required to attend lectures, practicals and work related and field based learning activities. Seminars and tutorials will also be provided to enable students to critically debate and discuss issues raised by the module content. Students will be required to complete prescribed reading that will facilitate their

completion of coursework tasks. Students will also be required to complete a work based learning contract and attend work based learning meetings and seminars. Students will be expected to engage in 70 hours of work based learning at an agreed work placement.

References

Course Material	Book
Author	Dugdill L and Stratton G
Publishing Year	2007
Title	Evaluating Sport and Physical Activity Interventions
Subtitle	
Edition	
Publisher	Sport England: Dept of Health.
ISBN	

Course Material	Book
Author	National Institute of Health and Clinical Excellence. www.nice.org.uk
Publishing Year	0
Title	
Subtitle	
Edition	
Publisher	
ISBN	

Course Material	Book
Author	RE-AIM Framework
Publishing Year	0
Title	
Subtitle	
Edition	
Publisher	www.re-aim.org
ISBN	

Course Material	Book
Author	Welk, G.J.
Publishing Year	2001
Title	Physical activity assessments for health related research
Subtitle	
Edition	1st
Publisher	Human Kinetics
ISBN	

Notes

This module builds upon applied exercise science I and II and requires an understanding of physical activity and exercise evaluation at a multiple level. Skills and competencies will be developed and students will be engaged more directly during their work based learning placement. The e-portfolio will be completed this year in preparation for professional employment in the exercise and health field