

## Liverpool John Moores University

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Title: CONTEMPORARY ISSUES IN PHYSICAL ACTIVITY  
MEASUREMENT AND RESEARCH  
Status: Definitive  
Code: **6021SPOSCI** (117548)  
Version Start Date: 01-08-2018

Owning School/Faculty: Sport and Exercise Sciences  
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
Lynne Boddy	Y

**Academic Level:** FHEQ6  
**Credit Value:** 24  
**Total Delivered Hours:** 48  
**Total Learning Hours:** 240  
**Private Study:** 192

### Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	26
Practical	8
Seminar	4
Tutorial	10

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	Critique		50	
Essay	Critique		50	

### Aims

*This module aims to engage students in current and relevant physical activity and health research and measurement concepts. Students will gain first hand experience*

*of using physical activity measurement tools and will gain an in-depth understanding of key issues in physical activity and sedentary behaviour research.*

## **Learning Outcomes**

After completing the module the student should be able to:

- 1 Critically evaluate current research methodologies used to measure physical activity and sedentary behaviour.
- 2 Critically appraise research evidence to make informed decisions related to physical activity data analysis and evidence dissemination.
- 3 Critically analyse determinants of physical activity and sedentary behaviour.
- 4 Evaluate current issues relevant to physical activity and sedentary behaviour research.

## **Learning Outcomes of Assessments**

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

Presentation	1	2
Essay	3	4

## **Outline Syllabus**

*Physical activity and sedentary behaviour measurement*

*Working with physical activity data*

*Determinants of physical activity and sedentary behaviour*

*Physical activity research related to health outcomes (e.g., obesity)*

*Contexts and settings for physical activity and sedentary behaviour*

*Reviewing and deconstructing physical activity and sedentary behaviour literature*

## **Learning Activities**

Students will be required to attend lectures, some of which may be delivered by guest speakers. Seminars, tutorials and workshops will also be provided to enable students to gain hands-on experience of working with physical activity data, and to critically debate and discuss contemporary research 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 learn to work within groups.

## **Notes**

This module focuses on contemporary issues relevant to the physical activity and sedentary behaviour research. The focus shifts from measurement concepts in semester 1 to determinants of physical activity in semester 2. The module has been designed to complement module 6022SPOSCI which also has a physical activity and

health focus.