

Liverpool John Moores University

Title: PHYSICAL ACTIVITY AND HEALTH IN PRACTICE
Status: Definitive
Code: **6022SPOSCI** (117549)
Version Start Date: 01-08-2018

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

Team	Leader
Lawrence Foweather	Y
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Academic Level: FHEQ6 **Credit Value:** 24 **Total Delivered Hours:** 45

Total Learning Hours: 240 **Private Study:** 195

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	30
Tutorial	10
Workshop	5

Grading Basis: 40 %

Assessment Details

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

Aims

This module aims to engage students in key health, policy, behaviour change and evaluation concepts related to physical activity. It will explore current evidence and practice related to promoting physical activity, including 'real life' physical activity

intervention examples to provide a solid foundation in physical activity and health knowledge and understanding.

Learning Outcomes

After completing the module the student should be able to:

- 1 Evaluate theories and strategies of behaviour change for promoting physical activity and positive health behaviour
- 2 Critically discuss the importance of physical activity and sedentary behaviour on health status at both individual and community levels.
- 3 Critically discuss qualities and importance of different methodological approaches for determining programme effectiveness.
- 4 Identify principles underpinning effective approaches to research and evaluation of physical activity and sedentary behaviour interventions.

Learning Outcomes of Assessments

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

Essay	1	2
Presentation	4	3

Outline Syllabus

Physical activity, health and public health
Concepts of behaviour change
Interventions in practice
Models of Evaluation
Evaluation in practice

Learning Activities

Students will be required to attend lectures, some of which may be delivered by guest speakers. Tutorials and workshops will also be provided to enable students to work through problem-solving, worked examples and group tasks related to the module/lecture content. Students will be required to complete prescribed reading that will facilitate their completion of assessment tasks and contribute the learning outcomes.

Notes

This module aims to engage students in key health, policy, behaviour change and evaluation concepts related to physical activity. Students' knowledge related to physical activity behaviour change and/or public health will be examined through assessment task 1. Knowledge and understanding of physical activity interventions

and evaluating intervention programmes will be examined through the assessment 2 assignment. Feed forward and feedback sessions will be included related to the assessments and tutorials are built in to the module to assist students in achieving the learning outcomes. The module has been designed to complement module 6021SPOSCI which explores concepts related to measuring physical activity, the determinants of physical activity and some contemporary health issues related to physical activity and sedentary behaviour.