

Liverpool John Moores University

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Title: The Promotion of Health through Physical Activity
Status: Definitive
Code: **6034SPODEV** (117294)
Version Start Date: 01-08-2019

Owning School/Faculty: Sports Studies, Leisure and Nutrition
Teaching School/Faculty: Sports Studies, Leisure and Nutrition

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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
Tutorial	1
Workshop	47

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	Ass 1	Group presentation (30 mins)	50	
Essay	Ass 2	3000 word essay	50	

Aims

The aim of this module is to develop a critical awareness of various strategies, policies, programmes and initiatives and their application in the area of health through sport & physical activity.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically evaluate Government policy and strategy pertaining to health, lifestyle choices and physical activity to improve health and wellbeing
- 2 Critically analyse the roles of the various national, regional and local agencies, initiatives, schemes and associated 'cross-cutting' agendas concerned with health and physical activity in relation to a range of targeted populations.
- 3 Interpret and contextualise policy, strategy and practice to meet the health needs and physical activity requirements of various populations to improve health and wellbeing.

Learning Outcomes of Assessments

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

Group presentation (30 mins)	1	3
3,000 word essay	2	

Outline Syllabus

Outline Syllabus:

- *The promotion of health through physical activity and lifestyle choices?*
- *Government strategies & policies – past, current and future*
- *Agencies & Providers*
- *Schemes & Initiatives*
- *Environments and settings*
- *Health, physical activity & sports development; who, how & why?*
- *Putting theory into practice*

Learning Activities

Many of the elements of this module will be explored in class based lectures, seminars and tutorials. However there will be an element of independent study. Activities will be student centred .Seminars will support students in the application of their knowledge in developing their views in the area. This will be supported through the seminars hosting 'masterclass' sessions by current practitioners

Notes

This module is intended to enhance understanding of the various Government strategies, policies and agendas in relation to health and fitness. The role of both health and exercise individuals & agencies in promoting beneficial lifestyle changes will also be investigated. This module will seek to enhance knowledge and understanding of the schemes and initiatives pertaining to health & fitness. This module will also encourage demonstration of the ability to appraise and utilise these schemes and initiatives in a practical setting.