LIVERPOOL JOHN MOORES UNIVERSITY

Behaviour change

Module Information

2022.01, Approved

Summary Information

Module Code	6094SPS
Formal Module Title	Behaviour change
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 6
Grading Schema	40

Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

Learning Methods

Learning Method Type	Hours
Lecture	20
Seminar	20

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-CTY	CTY	September	12 Weeks

Aims and Outcomes

Aims	This module aims to engage students in current behaviour change theories, concepts and applied examples across the physical activity, nutrition, sport performance and health disciplines. Students will gain a theoretical underpinning in behaviour change and insight into how to change behaviours across a range of settings/populations/disciplines.

After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Critically evaluate behaviour change theories.
MLO2	2	Locate and synthesise behaviour change literature.
MLO3	3	Apply behaviour change techniques in different contexts.
MLO4	4	Critically evaluate the impact of demographic variables and protected characteristics on behaviour change.

Module Content

Outline Syllabus	Theories of behaviour change; key theoretical principles of behaviour change; historical context of behaviour change. Applied examples of behaviour change: physical activity; nutrition; sport performance; coaching.
Module Overview	
Additional Information	BUES mapped.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Portfolio	Portfolio	100	0	MLO1, MLO2, MLO3, MLO4

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Martin Eubank	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings