

Summary Information

Module Code	6101SPOSCI
Formal Module Title	Current Issues in Physical Activity, Sedentary Behaviour, Health Measurement and Research
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 6
Grading Schema	40

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Lynne Boddy	Yes	N/A

Module Team Member

Contact Name	Applies to all offerings	Offerings
Lee Graves	Yes	N/A
Lawrence Foweather	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

Learning Methods

Learning Method Type	Hours
Lecture	20
Online	4
Practical	9
Tutorial	2
Workshop	8

Module Offering(s)

Offering Code	Location	Start Month	Duration
SEP-CTY	CTY	September	12 Weeks

Aims and Outcomes

Aims	This module aims to engage students in current physical activity, sedentary behaviour and health research and measurement concepts. Students will gain experience of using physical activity and sedentary behaviour measurement tools and analysis of physical activity data. Students will also gain an understanding of other variables associated with physical activity and sedentary behaviour, including the measurement and analysis of some health markers.
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Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	Critically evaluate current research methodologies used to measure physical activity, sedentary behaviour and associated variables.
MLO2	Critically appraise research evidence to make informed decisions related to physical activity/sedentary behaviour data collection, analysis and evidence dissemination.
MLO3	Locate and synthesise physical activity, sedentary behaviour and health research literature.
MLO4	Critically review current issues relevant to physical activity and/or sedentary behaviour.

Module Content

Outline Syllabus

Physical activity and sedentary behaviour measurement techniques. Measurement of other variables related to physical activity and sedentary behaviour. Physical activity research related to health outcomes (e.g. obesity, cardiovascular disease). Reviewing and deconstructing physical activity and sedentary behaviour literature.

Module Overview

This module aims to engage you in current physical activity, sedentary behaviour and health research and measurement concepts. You will gain experience of using physical activity and sedentary behaviour measurement tools in your analysis of physical activity data. You will also gain an understanding of other variables associated with physical activity and sedentary behaviour, including the measurement and analysis of some health markers.

Additional Information

The module focuses on current issues relevant to physical activity and sedentary behaviour measurement and research. The focus shifts from measurement of physical activity and sedentary behaviour to complementary variables including some health markers.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Portfolio	Portfolio	50	0	MLO4, MLO3
Presentation	Presentation	50	0	MLO1, MLO2