

Liverpool John Moores University

Title: CURRENT ISSUES IN PHYSICAL ACTIVITY, SEDENTARY BEHAVIOUR, HEALTH MEASUREMENT AND RESEARCH
Status: Definitive
Code: **6101SPOSCI** (123208)
Version Start Date: 01-08-2021
Owning School/Faculty: Sport and Exercise Sciences
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
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Lawrence Foweather	
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Academic Level: FHEQ6 **Credit Value:** 20 **Total Delivered Hours:** 43
Total Learning Hours: 200 **Private Study:** 157

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	20
Online	4
Practical	9
Tutorial	2
Workshop	8

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	Portfolio	Portfolio (assessment 1)	50	
Presentation	Pres	Individual Presentation (assessment 2)	50	

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.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically evaluate current research methodologies used to measure physical activity, sedentary behaviour and associated variables.
- 2 Critically appraise research evidence to make informed decisions related to physical activity/sedentary behaviour data collection, analysis and evidence dissemination.
- 3 Locate and synthesise physical activity, sedentary behaviour and health research literature.
- 4 Critically review current issues relevant to physical activity and/or sedentary behaviour.

Learning Outcomes of Assessments

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

Portfolio	3	4
Presentation	1	2

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.

Learning Activities

Students will be required to attend lectures, some of which may be delivered by guest speakers. Practicals, online practicals, seminars and worksheet tasks should be completed as directed. Additional tutorials are available during the module to support learning. Students will be required to book tutorials throughout the semester using the usual booking system to support learning, and will also be required to complete prescribed reading and engage in directed study tasks.

Notes

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.