

Physical activity across the lifecourse

Module Information

2022.01, Approved

Summary Information

Module Code	6102SPS
Formal Module Title	Physical activity across the lifecourse
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
Practical	4
Seminar	16

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 physical activity and health concepts linked to stages of the life course. Students will gain experience of using physical activity and sedentary behaviour measurement tools via practical sessions. Students will also gain an understanding of the principles of intervention design, evaluation and health inequalities.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Critically evaluate the importance of physical activity for health across the lifespan.
MLO2	2	Locate and synthesise physical activity, sedentary behaviour and health research literature.
MLO3	3	Critically evaluate intervention design, measurement and evaluation principles in the context of physical activity and health research.
MLO4	4	Critically evaluate inequalities in physical activity.

Module Content

Outline Syllabus	Physical activity and health across the life course: Pregnancy, early years; childhood and adolescence; early adulthood; middle age; older age; inequalities [gender, ethnicity, disability, LGBTQIA+]. Intervention design, measurement and evaluation: Developing interventions, physical activity measurement, evaluation.
Module Overview	
Additional Information	BUES mapped.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Report	Mini Essays	50	0	MLO1, MLO2, MLO4
Presentation	Individual Presentation	50	0	MLO2, MLO3, MLO4

Module Contacts

Module Leader

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

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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