

## Liverpool John Moores University

Title: PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR INTERVENTIONS IN PRACTICE  
Status: Definitive  
Code: **6105SPOSCI** (123209)  
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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**Academic Level:** FHEQ6      **Credit Value:** 20      **Total Delivered Hours:** 44  
**Total Learning Hours:** 200      **Private Study:** 156

### Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	20
Online	4
Practical	3
Tutorial	2
Workshop	15

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Critique	Critical review	50	
Presentation	Poster	Poster presentation	50	

### Aims

*This module aims to engage students in key physical activity, sedentary behaviour and health intervention concepts. It will explore current evidence and practice related to promoting physical activity and reducing sedentary time in a range of populations/settings and also examine how interventions are designed and evaluated.*

## **Learning Outcomes**

After completing the module the student should be able to:

- 1 Design physical activity and/or sedentary behaviour interventions based on research evidence and best practice.
- 2 Devise evaluations of physical activity and/or sedentary behaviour interventions.
- 3 Critically appraise contemporary research evidence surrounding physical activity prescription in clinical populations.
- 4 Produce physical activity prescription guidance for professionals and the general populations.

## **Learning Outcomes of Assessments**

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

Critical Review	1	2
Poster presentation	3	4

## **Outline Syllabus**

*Interventions in practice. Setting/population specific interventions, designing and evaluating interventions.*

## **Learning Activities**

Students will be required to attend lectures, some of which may be delivered by guest speakers. Workshops, practicals, online practicals and online worksheet tasks should be completed as directed. Additional tutorials will be 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 aims to engage students in key intervention concepts related to physical activity and sedentary behaviour. The focus moves from interventions in specific populations and settings through to intervention design and evaluation.