

# Physical Activity and Sedentary Behaviour Interventions in Practice

## Module Information

2022.01, Approved

### Summary Information

Module Code	6105SPOSCI
Formal Module Title	Physical Activity and Sedentary Behaviour Interventions in Practice
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
Online	4
Practical	3
Tutorial	2
Workshop	15

### Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
JAN-CTY	CTY	January	12 Weeks

## Aims and Outcomes

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.
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**After completing the module the student should be able to:**

### Learning Outcomes

Code	Number	Description
MLO1	1	Design physical activity and/or sedentary behaviour interventions based on research evidence and best practice.
MLO2	2	Devise evaluations of physical activity and/or sedentary behaviour interventions.
MLO3	3	Critically appraise contemporary research evidence surrounding physical activity prescription in clinical populations.
MLO4	4	Produce physical activity prescription guidance for professionals and the general populations.

## Module Content

Outline Syllabus	Interventions in practice. Setting/population specific interventions, designing and evaluating interventions.
Module Overview	This module aims to engage you 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 you will also examine how interventions are designed and evaluated.
Additional Information	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.

## Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Report	Critical Review	50	0	MLO1, MLO2
Artefacts	Poster presentation	50	0	MLO3, MLO4

## Module Contacts

### Module Leader

Contact Name	Applies to all offerings	Offerings
Tori Sprung	Yes	N/A

### Partner Module Team

Contact Name	Applies to all offerings	Offerings
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