

Module Information

2022.01, Approved

Summary Information

Module Code	6106SPS
Formal Module Title	Physical Activity for people with long term conditions
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	22
Seminar	10
Tutorial	4
Workshop	8

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 for people with long term medical conditions. It will explore current evidence and practice related to promoting physical activity and reducing sedentary time, across a range of settings/environments and the effectiveness of physical activity as a non-pharmacological management strategy. The focus moves from interventions in specific populations and settings through to intervention design and implementation.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Examine the prevalence of long-term conditions and consider how protected characteristics, and intersections thereof, could contribute to disease manifestation.
MLO2	2	Evaluate the evidence base for physical activity principles to prevent, treat and manage long-term medical conditions (to improving function, facilitate recovery, maximise independence and/or participation).
MLO3	3	Discuss the practical and ethical issues associated with promoting physical activity and reducing sedentary time in people with long term medical conditions.
MLO4	4	Critically analyse the effectiveness of physical activity, sedentary behaviour and health interventions and make recommendations accordingly.

Module Content

Outline Syllabus	The role of PA in healthcare (referral, reporting, prehab, rehab, risk stratification, health inequalities). Physical activity as a non-pharmacological management strategy. Physical activity for people living with long-term conditions. Effective communication (with health care professionals, lay audiences and clinical groups). Physiological benefits of PA in cancer, cardiovascular disease, and metabolic disease. Motivational strategies to enhance adherence to PA prescription.
Module Overview	
Additional Information	BUES mapped.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Report	Essay	40	0	MLO1, MLO2
Presentation	Presentation	60	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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