

Liverpool John Moores University

Title: Advanced Topics in Sport & Nutrition for Health
Status: Definitive
Code: **6109SSLN** (123124)
Version Start Date: 01-08-2016

Owning School/Faculty: Sports Studies, Leisure and Nutrition
Teaching School/Faculty: Sports Studies, Leisure and Nutrition

| Team | Leader |
|-----------------|--------|
| Ian Beattie | Y |
| Elizabeth Mahon | |

Academic Level: FHEQ6 **Credit Value:** 10 **Total Delivered Hours:** 12
Total Learning Hours: 100 **Private Study:** 88

Delivery Options

Course typically offered: Semester 2

| Component | Contact Hours |
|-----------|---------------|
| Lecture | 6 |
| Workshop | 6 |

Grading Basis: 40 %

Assessment Details

| Category | Short Description | Description | Weighting (%) | Exam Duration |
|----------|-------------------|----------------------|---------------|---------------|
| Report | AS1 | Report (2,500 words) | 100 | |

Aims

To develop a high level understanding of problems, solutions and professional practice in sport, physical activity and nutrition in relation to health outcomes.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically evaluate problems faced by sport, physical activity and nutrition to improve health
- 2 Critically investigate a selected problem further

Learning Outcomes of Assessments

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

| | | |
|--------|---|---|
| Report | 1 | 2 |
|--------|---|---|

Outline Syllabus

Critically evaluating sport, physical activity and nutrition problems. Critically investigating problems. Creating evaluative, innovative reports.

Learning Activities

Students will participate in lectures and workshops throughout the module. There will be six guest lectures and workshops. Activities will be student-centred and will enable participants to work individually and in groups to investigate the field of sport, physical activity, nutrition and health.

Notes

This module is intended to develop an understanding of the fundamental and practical problems faced in the fields of sport, physical activity and nutrition for health improvement. By selecting one specific problem, students will critically investigate that issue further and present an evaluative report.