

Liverpool John Moores University

Title: Applied Practice in Sport and Nutrition for Health
Status: Definitive
Code: **6111SSLN** (123128)
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:** 40

Total Learning Hours: 200 **Private Study:** 160

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	10
Seminar	30

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	Essay (2,000 words)	40	
Presentation	AS2	Presentation (30 minutes)	60	

Aims

The aim of this module is to develop a critical awareness of the physical activity evidence base, strategies, policies and initiatives and their application in the area of public health and health improvement .

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically evaluate the evidence base, Government policy and strategy pertaining to physical activity, health improvement and wellbeing.
- 2 Critically analyse the roles of the national, regional and local agencies, initiatives, schemes concerned with physical activity and health for a range of targeted populations and health conditions
- 3 Interpret and contextualise policy, strategy and practice to design evidence based physical activity strategy and to improve holistic health conditions and wellbeing in various populations

Learning Outcomes of Assessments

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

Essay	1	2	3
Presentation	1	2	3

Outline Syllabus

Critical overview of the evidence base examining the mechanics of physical activity and health. The promotion of health through physical activity. Government strategies & policies – past, current and future; Agencies & Providers; Schemes & Initiatives; Environments and settings; Putting theory into practice to design effective physical activity strategy and intervention for specific health conditions.

Learning Activities

Many of the elements of this module will be explored in class based lectures, seminars and tutorials. However there will be an element of independent study. Activities will be student centred .Seminars will support students in the application of their knowledge in developing their views in the area. This may be supported through the seminars hosting 'masterclass' sessions by current practitioners

Notes

This module is intended to enhance understanding of the various Government strategies, policies and agendas in relation to health and fitness. The role of both health and exercise individuals & agencies in promoting beneficial lifestyle changes will also be investigated. This module will seek to enhance knowledge and understanding of the schemes and initiatives pertaining to physical activity and food choices, health & fitness.