

Module Information

2022.01, Approved

Summary Information

Module Code	6111SSLN
Formal Module Title	Applied Practice in Sport and Nutrition for Health
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	10
Seminar	30

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-CTY	CTY	September	12 Weeks

Aims and Outcomes

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

Learning Outcomes

Code	Number	Description
MLO1	1	Critically evaluate the evidence base, Government policy and strategy pertaining to physical activity, health improvement and wellbeing.
MLO2	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
MLO3	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

Module Content

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.
Module Overview	This module enables you 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.
Additional Information	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.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Essay	Essay	40	0	MLO1, MLO2, MLO3
Practice	Presentation	60	0	MLO1, MLO2, MLO3

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Sally-Ann Starkey	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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