

Liverpool John Moores University

Title: Advanced Topics in Sport, Food & Nutrition for Health
Status: Definitive
Code: **6114SSLN** (125020)
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
Elizabeth Mahon	Y
Sally Starkey	
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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 2

Component	Contact Hours
Workshop	40

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	AS1	Portfolio (4,500 words)	100	

Aims

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

Learning Outcomes

After completing the module the student should be able to:

- 1 Explore and evaluate solutions to potential problems considered within the sport, physical activity and nutrition landscape
- 2 Critically examine the effectiveness of current strategy, policy and health messages for physical activity, food and nutrition
- 3 Critically devise and communicate appropriate health messages to individuals, client groups and/or populations

Learning Outcomes of Assessments

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

Portfolio	1	2	3
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Outline Syllabus

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

Learning Activities

Student will participate in workshops throughout the module. Real life problems will be presented in order to find sustainable, achievable solutions suitable for the current climate. 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

The module is intended to develop an understanding of the fundamental and practical problems faced in the field of sport, physical activity and nutrition for health outcomes. By selecting specific problems, students will critically investigate issues further and present appropriate solutions.