

## Liverpool John Moores University

Title: PROMOTION OF HEALTH THROUGH PHYSICAL ACTIVITY  
Status: Definitive  
Code: **6304SPODEV** (104386)  
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

**Academic Level:** FHEQ6      **Credit Value:** 24      **Total Delivered Hours:** 48  
**Total Learning Hours:** 240      **Private Study:** 192

### Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	30
Practical	4
Seminar	10
Tutorial	4

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	AS1	Group Presentation (30 mins)	15	
Presentation	AS2	Individual Submission of presentation write up (1,000 words)	25	
Presentation	AS3	Assignment (3,000 words)	60	

### Aims

*The aim of this module is to develop a critical awareness of various strategies, policies, programmes and initiatives and their application in the area of health*

*through sport & physical activity.*

## **Learning Outcomes**

After completing the module the student should be able to:

- 1 Critically evaluate Government policy and strategy pertaining to HRF
- 2 Critically analyse the roles of the various initiatives and schemes within Health & 'cross-cutting' agendas
- 3 Interpret and critically appraise the various programmes and schemes used by different agencies concerned with health
- 4 Critically analyse the effectiveness of national & regional HRF programmes and schemes

## **Learning Outcomes of Assessments**

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

Group Presentation	3	4
Presentation Write Up	3	4
3000 Word Assignment	1	2

## **Outline Syllabus**

*What is the promotion of health through physical activity?*

*Government strategies & policies*

*Agencies & Providers*

*Schemes & Initiatives*

*Environments and settings*

*HRF & sports development; who, how & why?*

*Putting theory into practice*

## **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 will 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 health & fitness. This module will also encourage demonstration of the ability to appraise and utilise these schemes and initiatives in a practical setting.