

## Scientific Principles of PE 2

### Module Information

2022.01, Approved

#### Summary Information

Module Code	6312SSLN
Formal Module Title	Scientific Principles of PE 2
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	20
Seminar	20

#### Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
JAN-CTY	CTY	January	12 Weeks

#### Aims and Outcomes

Aims	The module aims to expand upon and critically review the nutritional and psychological perspectives that contribute to learning and development in physical education.
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**After completing the module the student should be able to:**

## Learning Outcomes

Code	Number	Description
MLO1	1	Critically examine the contribution of a range of nutritional and psychological perspectives in a physical education setting.
MLO2	2	Determine and analyse the physiological implications impacting upon physical development and practical performance central to nutrition, physical activity and energy production.
MLO3	3	Critically analyse the psychological implications impacting upon applied practice within physical education.

## Module Content

Outline Syllabus	An extended understanding of nutritional and psychological theories relevant to physical education. Critical recognition of the different food sources, energy requirements and the implications of the physical development processes relevant to physical education. An awareness of psychological implications that influence applied practices.
Module Overview	The module aims to expand upon and critically review the nutritional and psychological perspectives that contribute to learning and development in physical education.
Additional Information	

## Assessments

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

## Module Contacts

### Module Leader

Contact Name	Applies to all offerings	Offerings
Ceriann Magill	Yes	N/A

### Partner Module Team

Contact Name	Applies to all offerings	Offerings
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