

Liverpool John Moores University

Title: Scientific Principles of PE 2
Status: Definitive
Code: **6312SSLN** (126167)
Version Start Date: 01-08-2021

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

Team	Leader
Ceriann Magill	Y

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
Lecture	20
Seminar	20

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	AS1	Report (2500 words)	60	
Presentation	AS2	Presentation (2000 word equivalent)	40	

Aims

The module aims to expand upon and critically review the nutritional and psychological perspectives that contribute to learning and development in physical education.

Learning Outcomes

After completing the module the student should be able to:

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

Learning Outcomes of Assessments

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

Report	1	2	3
Presentation	1	2	3

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.

Learning Activities

The module content will be explored in lectures and through workshops. Theoretical lectures will provide appropriate subject knowledge to support practical application.

Notes

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