

Summary Information

Module Code	6504SPOPID
Formal Module Title	Physical Activity and Sedentary Behaviour Interventions in Practice
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 6
Grading Schema	40

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Dominic Doran	Yes	N/A

Module Team Member

Contact Name	Applies to all offerings	Offerings
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Partner Module Team

Contact Name	Applies to all offerings	Offerings
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Teaching Responsibility

LJMU Schools involved in Delivery
LJMU Partner Taught

Partner Teaching Institution

Institution Name
Portobello Institute

Learning Methods

Learning Method Type	Hours
Lecture	20
Online	4
Practical	3
Tutorial	2
Workshop	15

Module Offering(s)

Offering Code	Location	Start Month	Duration
JAN-PAR	PAR	January	12 Weeks

Aims and Outcomes

Aims	This module aims to engage students in key physical activity, sedentary behaviour and health intervention concepts. It will explore current evidence and practice related to promoting physical activity and reducing sedentary time in a range of populations/settings and also examine how interventions are designed and evaluated.
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Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	Design physical activity and/or sedentary behaviour interventions based on research evidence and best practice.
MLO2	Devise evaluations of physical activity and/or sedentary behaviour interventions.
MLO3	Critically appraise contemporary research evidence surrounding physical activity prescription in clinical populations.
MLO4	Produce physical activity prescription guidance for professionals and the general populations.

Module Content

Outline Syllabus

Interventions in practice. Setting/population specific interventions, designing and evaluating interventions.

Module Overview

Additional Information

The module aims to engage students in key intervention concepts related to physical activity and sedentary behaviour. The focus moves from interventions in specific populations and settings through to intervention design and evaluation.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Essay	Critical Review 2500 words	50	0	MLO1, MLO2
Presentation	Poster presentation	50	0	MLO4, MLO3