

## Liverpool John Moores University

Title: Critical themes in health and physical activity  
Status: Definitive  
Code: **7012MSPDEV** (118359)  
Version Start Date: 01-08-2016  
Owning School/Faculty: Sports Studies, Leisure and Nutrition  
Teaching School/Faculty: Sports Studies, Leisure and Nutrition

Team	Leader
Sally Starkey	Y

**Academic Level:** FHEQ7  
**Credit Value:** 20  
**Total Delivered Hours:** 21  
**Total Learning Hours:** 200  
**Private Study:** 179

### Delivery Options

Course typically offered: Non Standard Year Long

Component	Contact Hours
Lecture	21

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	Ass1		100	

### Aims

*Aims:*

*Develop an understanding of the potential contribution of sport development initiatives towards the UK health agenda.*

*Develop the ability to critically appraise the effectiveness and benefit of sport development initiatives to the health of both general and specific populations.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Critically evaluate the relationship between health, sport and physical activity from a theoretical perspective.
- 2 Demonstrate a critical understanding of sport development initiatives in relation to local and national public health and health improvement agendas.
- 3 Critically analyse the local and national health profiles of various target populations, in relation to the wider determinants of health and health related behaviours.

## Learning Outcomes of Assessments

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

Systematic review	1	2	3
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## Outline Syllabus

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*A critical review of health and physical activity.*

*Disease prevention and treatment using physical activity.*

*Identification and critical application of factors affecting individual lifelong physical activity adherence.*

*The critical impacts of physical activity policies and practices in schools, the community and the workplace.*

*Evaluation of health benefits in general and specific populations.*

*A critical appraisal of the conflicts between sport and health.*

## Learning Activities

The primary form of delivered learning will be through lectures, supplemented by expert visiting speakers on key subject areas. Tutorials will supplement individual understanding of specific issues.

## Notes

Students will be expected to identify and critically analyse current physical activity

and health related issues from a variety of perspectives.

Students will examine the relationship between sport, health and physical activity and analyse approaches to improving the health and long term activity behaviours in the wider population and specific target groups.