

Liverpool John Moores University

Title: PROMOTION, ADHERENCE AND COMPLIANCE
Status: Definitive
Code: **7103SPOSCI** (124277)
Version Start Date: 01-08-2021

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

Team	Leader
Paula Watson	Y
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Academic Level: FHEQ7 **Credit Value:** 20 **Total Delivered Hours:** 30

Total Learning Hours: 200 **Private Study:** 170

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	12
Seminar	8
Tutorial	4
Workshop	6

Grading Basis: 50 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	Essay (2000 words)	50	
Presentation	AS2	10 minute oral presentation	50	

Aims

This module aims to enable students to integrate evidence-based behaviour change strategies to enhance physical activity adherence in clinical populations.

Learning Outcomes

After completing the module the student should be able to:

- 1 Apply theoretically-informed behaviour change techniques to enhance adherence to exercise and promote sustained physical activity for health.
- 2 Critically appraise the role of clinical exercise interventions in the broader public health context.
- 3 Design and evaluate physical activity interventions that integrate current research evidence and behaviour change theory.

Learning Outcomes of Assessments

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

Essay	2	3
oral presentation	1	3

Outline Syllabus

Physical activity and health, & physical activity promotion models and policies.
Behaviour change in clinical populations: psychological theories.
Translating theory to practice: intro to behaviour change techniques.
Assessing need and aligning behaviour change techniques: Considerations for different populations.
Theoretically-informed evaluation of behaviour change interventions.

Learning Activities

Students are expected to attend timetabled lectures and workshops. Synthesis and analysis of current efforts to promote physical activity will be central to this module and application of theory to practice will be debated during workshops. Students will be required to think critically and integrate multiple disciplines when evaluating the effectiveness of physical activity interventions. Students should complete the recommended reading to widen their critical knowledge and understanding.

Notes

This module considers the application of theory and policy to enhance adherence to clinical exercise interventions and promote sustained physical activity behaviour change.