

Summary Information

Module Code	7172SPOSCI
Formal Module Title	Motivation, Adherence and Behaviour Change
Owning School	Sport and Exercise Sciences
Career	Postgraduate Taught
Credits	20
Academic level	FHEQ Level 7
Grading Schema	50

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Laura Thomas	Yes	N/A

Module Team Member

Contact Name	Applies to all offerings	Offerings
Marianna Bottiglieri	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
--------------	--------------------------	-----------

Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

Learning Methods

Learning Method Type	Hours
Lecture	24
Seminar	8
Tutorial	10

Module Offering(s)

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

Aims and Outcomes

Aims	This module aims to provide students with an understanding of behaviour change theory and strategies for supporting psychosocial needs and enhancing physical activity adherence in clinical populations.
-------------	---

Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	Design theory-based behaviour change interventions to enhance physical activity adherence
MLO2	Apply needs-supportive communication strategies to foster motivation in patients
MLO3	Identify the psychosocial needs of patients and tailor exercise prescriptions accordingly

Module Content

Outline Syllabus
Barriers and facilitators to physical activity Theories of physical activity behaviour change Behaviour change techniques Mental health and physical activity Working with special populations Empathy and self-awareness Reflective practice PA counselling skills

Module Overview
This module aims to provide an understanding of exercise prescription in different clinical populations and to integrate current psychological theory and evidence when prescribing exercise in practice. It focuses on appraising the nature of exercise prescription, applying psychological theory and behaviour change strategies to enhance adherence and appraises the long-term effectiveness of physical activity interventions in a range of clinical populations.

Additional Information

This module considers the application of theory and evidence to enhance adherence to clinical exercise interventions and promote sustained physical activity behaviour change. This will be delivered in a 4-week block. The presentation assessment will be at the end of the module in a presentation which covers 7171SPOSCI, 7174SPOSCI and 7172SPOSCI.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Portfolio	Delivery simulation/scenarios	50	0	MLO3, MLO2
Presentation	Presentation	50	0	MLO1