

MODULE SPECIFICATION FORM

Module Title: Physical Activity and Health	Level: 5	Credit Value: 20
--	----------	------------------

Module code: SPT507 (if known)	Cost Centre: GASP	JACS3 code: C600
-----------------------------------	-------------------	------------------

Trimester(s) in which to be offered: 1 and 2	With effect from: September 2015
--	----------------------------------

Office use only: To be completed by AQSU:	Date approved: September 2011 Date revised: October 2015 Version no: 2
---	--

Existing/New: Existing	Title of module being replaced (if any): None
------------------------	---

Originating Academic Business Division: Social & Life Sciences	Module Leader: Sue Taylor
--	---------------------------

Module duration (total hours)**: 200	Status: core/option (identify programme where appropriate): Core
Scheduled learning & teaching hours: 40	
Directed/ Independent study hours: 160	
Placement hours: 0	

Programme(s) in which to be offered: BSc (Hons) Sport and Exercise Sciences	Pre-requisites per programme (between levels): None
--	---

Module Aims: (Include any skills and attributes which may be developed but are not necessarily assessed.)

1. Review the links between physical activity and health.
2. Review the methods used to monitor physical activity.
3. Examine the perceived barriers to physical activity
4. Analyse the evidence for physical activity recommendations

Intended Learning Outcomes:

At the end of this module, students will be able to

Knowledge and Understanding:

1. Examine the links between physical activity and health.
2. Evaluate the various methods used to monitor and assess physical activity.
3. Examine various models and theories associated with exercise and health psychology
4. Appraise the evidence used to underpin physical activity recommendations.

Transferable/Key Skills and other attributes:

Working independently, working in groups, C & IT, working in a practical and laboratory environment, self-management, problem solving, presentation skills.

Assessment: (please indicate the type(s) of assessment*** from the drop-down lists and the weighting of each (as %). Details of indicative assessment tasks must be included. Normally, each intended learning outcome should be assessed only once.)

Essay: Students will write an essay that will appraise potential health risks associated with physical inactivity and poor health choices, will review the various methods used to assess physical activity (**learning outcomes 1, 2, 3 and 4**)

Report: Students will outline their findings from a practical based task which will assess physical activity and report back their findings (**Learning outcomes 1, 2, 3 and 4**).

Assessment number	Learning Outcomes to be met	Type of assessment***	Weighting	Duration (if exam)	Word count (or equivalent if appropriate)
1	1, 2, 3 and 4	Essay	40%		2000 words
2	1, 2, 3 and 4	Report	60%		2000 words

Learning and Teaching Strategies:

This module will involve a series of lecture, seminars and workshops which are supported by laboratory practicals where appropriate.

Syllabus outline:

- What is physical activity
 - Benefits of physical activity (growth/maturation, social development, social inclusion etc)
 - Physical activity and health
 - How is physical activity measured (e.g. questionnaire, observation, heart rate, accelerometer etc) and how is it assessed across the lifespan
 - Methods of assessing fitness in less active groups in the population
 - Appreciate how models and theories are inter-linked in the exercise psychology field
 - Critically explore different successful interventions from the exercise psychology field
 - Physical activity recommendations across the world.
 - Promoting physical activity and environment for physical activity promotion
- Introduction to Epidemiology

Bibliography:

Essential reading:

American College of Sports Medicine (2010). ACSM's resources for clinical exercise physiology. London: Lippincott Williams and Wilkins.

Biddle, S.J.H., Mutrie, N. and Gorley, T. (2015), *Psychology of Physical Activity: Determinants, Well-being and Interventions*. 3rd ed. London: Routledge.

Bouchard, S., Blair, S.N., and Haskell, W.L. (eds.) (2012), *Physical Activity and Health*. 2nd ed. Champaign, IL: Human Kinetics.

Hardman, A.E. (2009), *Physical Activity and Health: The Evidence Explained*. 2nd ed. London: Routledge.

Indicative reading:

Biddle, S.J.H., Fox, K.R. and Boutcher, S.H. (2000). *Physical Activity and Psychological Well-Being*. London: Routledge

Ewles, L. and Simnett, I. (2003). *Promoting Health – A Practical Guide*. 5th Edition. London: Baillière Tindall.

Jackson, A.W., Morrow, JR., Hill, DW. and Dishman, RK. (2004). *Physical Activity for Health and Fitness*. Updated Edition. Champaign, IL: Human Kinetics.

McKenna, J. and Riddoch, C. (2003). *Perspectives on Health and Exercise*. Basingstoke: Palgrave MacMillan.

Scott, D. and Weston, R. (1998). *Evaluating Health Promotion*. Cheltenham: Stanley Thornes Publishers Ltd.

This module will draw on journal articles taken from a range of publications such as (this list is not exhaustive):

Journal of Sport Sciences
Journal of Physical Activity and Health
Journal of Sport and Exercise Psychology
Health Promotion Library in ECL