

Module Code:	SPT517
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Module Title:	Physical Activity and Health
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Level:	5	Credit Value:	20
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Cost Centre(s):	GASP	<u>JACS3</u> code:	C600
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School:	Social & Life Sciences	Module Leader:	Dr Liz Mahon
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Scheduled learning and teaching hours	30 hrs
Guided independent study	170 hrs
Placement	0 hrs
Module duration (total hours)	200 hrs

Programme(s) in which to be offered (not including exit awards)	Core	Option
BSc (Hons) Sport, Health and Performance Science	✓	<input type="checkbox"/>
Stand Alone Module		✓

Pre-requisites
N/a

Office use only

Initial approval: 13/08/2018

Version no: 1

With effect from: 03/09/2019

Date and details of revision:

Version no: 1

Module Aims

The aim of this module is to examine the links between physical activity and health across the lifespan. Within this module you will examine and evaluate the methods used to monitor physical activity; the perceived barriers to physical activity; and the evidence for physical activity recommendations.

Intended Learning Outcomes

Key skills for employability

- KS1 Written, oral and media communication skills
- KS2 Leadership, team working and networking skills
- KS3 Opportunity, creativity and problem solving skills
- KS4 Information technology skills and digital literacy
- KS5 Information management skills
- KS6 Research skills
- KS7 Intercultural and sustainability skills
- KS8 Career management skills
- KS9 Learning to learn (managing personal and professional development, self-management)
- KS10 Numeracy

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

Key Skills

At the end of this module, students will be able to		Key Skills	
1	Explore the impact of physical activity on health across the lifespan	KS1	
2	Review the methods used to monitor physical activity	KS1	
		KS4	
		KS6	
3	Examine the perceived barriers to physical activity and evaluate the solutions to removing these	KS1	KS6
		KS2	KS3
		KS7	
4	Explore the evidence used to underpin physical activity recommendations	KS1	
		KS5	
5	Examine the opportunities available to undertake health benefiting activity across the lifespan	KS1	
		KS2	
		KS7	

Transferable skills and other attributes

Students will develop team working skills; problem solving and analysis skills; and communication skills as they work on tasks individually and in groups.

Derogations

N/A

Assessment:

Indicative Assessment Tasks:

Assessment 1: Portfolio – students will be required to complete a series of tasks addressing the module aims. These tasks will be introduced during the associated lectures and will include activities such as: performing an audit of the physical environment of a particular setting; completing an online quiz. At the end of the module completed tasks will be compiled together to form a portfolio for submission.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)	Duration (if exam)	Word count (or equivalent if appropriate)
1	1-5	Portfolio	100		4000 word equivalent

Learning and Teaching Strategies:

Students will participate in lectures, workshops, seminars, practical and field-based sessions throughout the module. Students will have the opportunity to visit different settings to observe how the physical environment may affect physical activity uptake. Students will be required to undertake a number of activities/tasks both individually, and in groups, to help them investigate current topics and key issues within the field of physical activity and health.

This module may be undertaken as a stand-alone module within a separate cohort whilst maintaining the same structure, content and teaching strategies.

Syllabus outline:

Evaluation of the physical activity recommendations and the health-related impact of physical activity upon health and wellbeing. Promoting physical activity and healthy lifestyles. Reviewing the methods used to monitor physical activity. Delivering solutions to barriers to physical activity & motivating factors relating to physical activity in populations of all ages. The relationship between sport, activity and holistic health and wellbeing at different points across the lifespan. Interpret and appraise the current and future role of sport and physical activity opportunities for improving health and wellbeing of the whole population.

Indicative Bibliography:

Essential reading

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

Kohl, H.W. and Murray, T.D. (2012). *Foundations of Physical Activity and Public Health*. Champaign: Human Kinetics.

The following journals will be useful for this module:

Journal of Physical Activity and Health

Journal of Ageing and Physical Activity

Other indicative reading

Ewles, L. and Simnett, I. (2010). *Promoting Health – A Practical Guide*. 6th Edition. London: Baillière Tindall.

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

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 MacMillian.

After each taught session students will be informed of further recommended reading to support learning and assessment preparation.