

Module Specification

Module Summary Information

1	Module Title	Sport, Physical Activity and Health in Practice
2	Module Credits	20
3	Module Level	5
4	Module Code	SPE5001

5	Module Overview
<p>Within this module students will learn about the reasons for physical activity promotion and the barriers to physical activity participation. Students will identify the recommended daily guidelines for physical activity, whilst exploring health and social strategies to improve lifestyle through facilitating physical activity behaviours.</p> <p>This module is underpinned by the need to develop PE and school sport practitioners who are aware of the current guidelines and recommendations for physical activity levels in children and youth. The range of methods used to measure physical activity will be explored, which will further enhance the students' knowledge of the scientific methods of physical activity measurement.</p> <p>Within this module students will develop knowledge and understanding of the recommended physical activity guidelines for children and adults. Through a combination of lectures, seminars and practical sessions, they will observe and gather essential knowledge in a practice-led, knowledge-applied approach. The importance of promoting a physically active lifestyle will be explored, identifying excellent practice for the work place to promote physical activity, further enhancing future employability potential.. Students may also relate and apply taught content from across the programme to this module, particularly within practical sessions.</p> <p>Students will be taught through a range of lectures and workshops. These taught sessions will inter-relate to practical sessions where theory and knowledge will be applied. Content which is taught across the module may be applied in future work placement modules. This enables the application of taught theory to a working environment. The evidence base for this module draws upon engagement with current national guidelines for physical activity. It also draws upon applying taught methods of objectively measuring physical activity levels.</p>	

6	Indicative Content
<ul style="list-style-type: none"> • Health and social strategies to improve lifestyles • Recommended daily guidelines for physical activity • Barriers to physical activity and sport • Facilitators for physical activity and sport • Workplaces and physical activity • Health benefits of leading a physically active lifestyle. • Measuring physical activity – qualitative, quantitative, mixed-methods and performative research approaches. 	

7	Module Learning Outcomes	
	On successful completion of the module, students will be able to:	
	1	Discuss a wide range of barriers and facilitators for physical activity.
	2	Evaluate the different tools used to measure physical activity.

8	Module Assessment		
Learning Outcome			
	Coursework	Exam	In-Person
1-2	x		

9	Breakdown Learning and Teaching Activities	
Learning Activities	Hours	
Scheduled Learning (SL) includes lectures, practical classes and workshops, peer group learning, Graduate+, as specified in timetable	46	
Directed Learning (DL) includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE	72	
Private Study (PS) includes preparation for exams	82	
Total Study Hours:	200	