

## MODULE DESCRIPTOR

<b>MODULE TITLE</b>	PSYCHOLOGY OF DIET AND EXERCISE		
<b>MODULE CODE</b>	XS3003 (L6)	<b>CREDIT VALUE</b>	20 UK CREDITS / 10 ECTS
<b>SCHOOL</b>	SCHOOL OF SCIENCES		

### MODULE AIMS

1. The module is designed to cover key issues and concepts in the study of nutrition, health, exercise, eating behaviour and disordered eating from a variety of perspectives.
2. The aim of this module is to give students an opportunity to develop their understanding of the psychological processes which operate in health and exercise settings.
3. It aims to develop an understanding of the contribution of biological, social, cultural and psychological factors in controlling normal and abnormal eating behaviour.

### MODULE CONTENT

**Indicative syllabus content:**

- ✓ Eating Disorders: Models and Treatments
- ✓ Dieting and Exercise: Not always a good thing?
- ✓ Nutrition across the lifespan
- ✓ Eating Disorders in Athletes
- ✓ Factors affecting food choice
- ✓ Stress, Emotion & Coping
- ✓ Exercise and Stress
- ✓ Habitual Physical Activity, Health and Well Being
- ✓ The Role of Exercise as Part of a Coronary Artery Disease Intervention
- ✓ Exercise Promotion & Adherence
- ✓ Exercise Dependence

### INTENDED LEARNING OUTCOMES

**On successful completion of this module a student will be able to:**

1. Critically review a scientific paper in the field of health and wellbeing.
2. Critically discuss the contribution of biological, social, cultural and psychological/cognitive factors in the control of eating behaviour.
3. Critically evaluate research that considers how exercise impacts upon psychological and physical wellbeing.

### TEACHING METHODS

A range of topics on the psychology of health and well-being are covered by lectures and directed reading, these are delivered by a range of staff with expertise in health, exercise and sport psychology. An 'independent learning' topic is introduced to students as part of the lecture series, but developed through independent study, with the support of reading lists, tutor guidance, and group work. Students answer a seen essay exam question based on the independent learning topic and select one further unseen essay exam question from a choice of four from other lecture topics on the module. The second assessment on the module is a critical review of a journal article. Students are given an article to review and have to complete 10 unseen short answer questions about the article under examination conditions. These activities will enhance personal development, subject skills, research skills, reflection, innovation, communication skills, problem-solving.

## **ASSESSMENT METHODS**

This module is assessed through an Examination and a paper review / In-class test.