

University of Pretoria Yearbook 2016

Life orientation 111 (JLO 111)

Qualification Undergraduate

Faculty [Faculty of Education](#)

Module credits 12.00

Programmes [HCert \(Sports Science\) Option: Education](#)

Service modules Faculty of Health Sciences

Contact time 2 lectures per week

Language of tuition Both Afr and Eng

Academic organisation Early Childhood Education

Period of presentation Semester 1

Module content

To empower the student teacher to achieve and extend his/her personal potential by addressing changes in youth behaviour. The module focuses on characteristics that have been identified in research to bring about positive behaviour change. Students are guided to develop knowledge and skills with regard to physical development and movement as one of the topics of the subject Life Orientation. The module also focuses on certain aspects of sport psychology as well as physiological dimensions needed to assess the movement skills of learners. The practical component focuses on learning and teaching of sport and human movement development skills for the school sport teaching and training environment. This practical component forms the foundation for the following study years.

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