

University of Pretoria Yearbook 2016

Life orientation 121 (JLO 121)

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 2

Module content

To empower student teachers to achieve and extend their personal potential and to guide them to develop knowledge and skills with regard to physical and psychological development as two of the topics of the subject Life Orientation. The topic of this module is also Personal Development but focuses on the interpersonal and intrapersonal skills of the student. Topics covered include: developmental stages, self-actualisation, self-concept, conflict management and personal management. The module also focuses on human anatomy and basic physiology as background to developing human movement. The practical component focuses on learning and teaching of sport and human movement development skills for the school sport teaching and training environment. It forms the foundation for the following study years where different disciplines are learnt. On attainment of the learning outcomes the student should be able to demonstrate his/her knowledge and understanding of the theory to be applied in the practical classes.

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