

# University of Pretoria Yearbook 2019

## Life orientation 111 (JLO 111)

<b>Qualification</b>	Undergraduate
<b>Faculty</b>	<a href="#">Faculty of Education</a>
<b>Module credits</b>	12.00
<b>Service modules</b>	Faculty of Health Sciences
<b>Contact time</b>	2 lectures per week
<b>Language of tuition</b>	Module is presented in English
<b>Department</b>	Early Childhood Education
<b>Period of presentation</b>	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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