

University of Pretoria Yearbook 2021

Life orientation 150 (JLO 150)

Qualification Undergraduate

Faculty [Faculty of Education](#)

Module credits 12.00

NQF Level 05

Programmes [Higher Certificate in Sports Sciences](#)

Prerequisites Admission to the relevant programme.

Contact time 2 lectures per week

Language of tuition Module is presented in English

Department Humanities Education

Period of presentation Semester 1

Module content

The main focus of this module is on personal development and therefore the question: “Who am I?” is posed. The content is designed to focus on the student as individual and on the various factors that influence individual development. Students are guided to develop relevant knowledge, intrapersonal skills and attitudes to display resilient behaviour.

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