



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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