

University of Pretoria Yearbook 2022

Life orientation 121 (JLO 121)

Qualification	Undergraduate
Faculty	Faculty of Education
Module credits	12.00
NQF Level	05
Service modules	Faculty of Health Sciences
Contact time	2 lectures per week
Language of tuition	Module is presented in English
Department	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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