

University of Pretoria Yearbook 2025

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.

General Academic Regulations and Student Rules

The [General Academic Regulations \(G Regulations\)](#) and [General Student Rules](#) apply to all faculties and registered students of the University, as well as all prospective students who have accepted an offer of a place at the University of Pretoria. On registering for a programme, the student bears the responsibility of ensuring that they familiarise themselves with the General Academic Regulations applicable to their registration, as well as the relevant faculty-specific and programme-specific regulations and information as stipulated in the relevant yearbook. Ignorance concerning these regulations will not be accepted as an excuse for any transgression, or basis for an exception to any of the aforementioned regulations. The G Regulations are updated annually and may be amended after the publication of this information.

Regulations, degree requirements and information

The faculty regulations, information on and requirements for the degrees published here are subject to change

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University of Pretoria Programme Qualification Mix (PQM) verification project

The higher education sector has undergone an extensive alignment to the Higher Education Qualification Sub-Framework (HEQSF) across all institutions in South Africa. In order to comply with the HEQSF, all institutions are legally required to participate in a national initiative led by regulatory bodies such as the Department of Higher Education and Training (DHET), the Council on Higher Education (CHE), and the South African Qualifications Authority (SAQA). The University of Pretoria is presently engaged in an ongoing effort to align its qualifications and programmes with the HEQSF criteria. Current and prospective students should take note that changes to UP qualification and programme names, may occur as a result of the HEQSF initiative. Students are advised to contact their faculties if they have any questions.