

## Liverpool John Moores University

Title: Personal Skills Development  
Status: Definitive  
Code: **3002SSLN** (126169)  
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences  
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
Kaye Richards	Y
Victoria Boyd	

**Academic Level:** FHEQ3      **Credit Value:** 20      **Total Delivered Hours:** 40  
**Total Learning Hours:** 200      **Private Study:** 160

### Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Practical	20
Workshop	20

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	AS1	Presentation (20 mins)	100	

### Aims

*This module will introduce students to the role of intra-personal and inter-personal skills for personal development and learning. It will aim to provide experiences that will enable students to self-reflect on how they react individually and interact with others in different learning environments. It will also give students the opportunity to link theory to personal experiences, as well as providing a framework for reflective practice.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Identify intra-personal skills for effective learning, reflection and personal development.
- 2 Use inter-personal skills and communication for effective learning, reflection and personal development.
- 3 Utilise appropriate academic style and content to present information.

## Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Presentation	1	2	3
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## Outline Syllabus

*Outdoor learning*  
*Problem Solving*  
*Reflective Practice*

## Learning Activities

Workshop  
Practicals

## Notes

Students will participate in student-centred workshop/practical experiences, including outdoor learning, that will provide opportunities for a range of personal development activities. This module, alongside 3004SSLN, will enable participants to develop greater self-awareness and reflection that supports on-going learning and personal development.