

Liverpool John Moores University

Title: PERSONAL DEVELOPMENT PLANNING IN SPORT
DEVELOPMENT & COACHING
Status: Definitive
Code: **4002FDSDEV** (106556)
Version Start Date: 01-08-2016

Owning School/Faculty: Sports Studies, Leisure and Nutrition
Teaching School/Faculty: Greenbank College

Team	Leader
Cath Walker	Y

Academic Level: FHEQ4 **Credit Value:** 24 **Total Delivered Hours:** 48
Total Learning Hours: 240 **Private Study:** 192

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Seminar	48

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	AS1	Goal Setting Handbook - 1000 words	20	
Portfolio	AS2	Self-evaluation related to individual learning styles - 3000 words	40	
Portfolio	AS3	Production of an individual profile as a web site - 1000 words	20	
Portfolio	AS4	Action Plan for Future Development - 1000 words	20	

Aims

To develop skills essential for effective learning to degree level.

To identify and develop as independent self supported learners through efficient management and organisation and with the use of support systems.

To develop the ideas regarding self development and personal development planning.

To introduce and develop the concepts of key and transferable skills to deepen the understanding of these for the future.

Learning Outcomes

After completing the module the student should be able to:

- 1 Identify and develop the necessary skills to become an effective learner;
- 2 Identify and plan for their own future development;
- 3 Develop their individual profiles;
- 4 Produce a plan for enhancing learning and key skills and evaluate the progress;
- 5 Recognise and utilise a range of self supported learning opportunities.

Learning Outcomes of Assessments

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

Handbook	1	2	3	4	5
Evaluation	1	5			
Profile	1	2	3		
Action Plan	1	2	4	5	

Outline Syllabus

Explore how to Learn.

Introduce key skills and examine their transferability.

Identify a personal study and time management plan matching the demands of the course.

Note taking, active reading, planning for an assignment, revision and exam technique.

Accessing relevant information from a variety of sources and support systems.

ICT skill development.

Planning and using the tutorial, individual and group discussion as an aid to learning.

Presenting information in a variety of ways.

Referencing.

Personal development planning.

Learning Activities

Lectures and seminars will be the main form of student learning activities. Students will be required to work in a group exploring ways to learn and identifying skills

involved. Students will be shown and encouraged to use computer based searches to access global sources of information.

Notes

The module will enable students to examine the ways in which they learn and to make more of self supported independent learning opportunities and plan for their future development needs.