

## Liverpool John Moores University

Title: PERSONAL AND SOCIAL DEVELOPMENT THROUGH PHYSICAL EDUCATION  
Status: Definitive  
Code: **4009PESD** (104273)  
Version Start Date: 01-08-2016  
Owning School/Faculty: Education  
Teaching School/Faculty: Education

Team	Leader
Tricia Sterling	Y

**Academic Level:** FHEQ4  
**Credit Value:** 12  
**Total Delivered Hours:** 36  
**Total Learning Hours:** 120  
**Private Study:** 84

### Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	24
Practical	12

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	AS1	Portfolio (1500 words)	50	
Portfolio	AS2	Coursework (1500 words)	50	

### Aims

*To develop understanding of how personal and social development can be achieved through Physical Education.*

### Learning Outcomes

After completing the module the student should be able to:

- 1 Extend and develop knowledge, understanding and competence in a variety of OAA situations.
- 2 Explore how personal and social development can be achieved through physical activity.
- 3 Identify personal areas of strength and areas that they personally need to develop, providing evidence that they have actively achieved success against personal goals.
- 4 Provide evidence that they are working towards, achieving and improving upon graduate and employability skills.

### **Learning Outcomes of Assessments**

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

Portfolio	1	2	3	4
Coursework	1	2	3	4

### **Outline Syllabus**

*Experience of a range of practical activities that will develop personal and social skills.*

*Three assessed tutorials.*

*Workshops in:*

*Personal Planning and Organisation*

*ICT*

*Communications skills*

*Problem solving*

*Personal goal setting*

### **Learning Activities**

Lectures and practical workshop sessions will be the main form of student learning activities. These will be supported by a series of tutorials to aid the development process.

### **Notes**

The module will encourage students to reflect on personal achievement and development. It will support students to set personal goals and targets in both a practical and a personal and social context.