

Liverpool John Moores University

Title: Individual Learning and Development
Status: Definitive
Code: **4012SPOBUS** (120652)
Version Start Date: 01-08-2018

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

| Team | Leader |
|-----------------|--------|
| Sarah Nixon | Y |
| Track Dinning | |
| Louise Williams | |

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 |
|--------------------------|-------------------|----------------------------------|---------------|---------------|
| Self Awareness Statement | Ass 1 | WoW Skills Bronze | 10 | |
| Portfolio | Ass 2 | Portfolio (5000 word equivalent) | 90 | |

Aims

This module will help individuals to develop skills essential for effective learning to degree level, introduce and develop the concepts of graduate skills and develop ideas regarding self development and personal development planning.

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 Inform their own development through reflection.
- 3 Identify and reflect upon the following aspects of personal development; strengths and weaknesses, motivations and values, ability to work with others.

Learning Outcomes of Assessments

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

| | | |
|-------------------|---|---|
| WoW Skills Bronze | 3 | |
| Porfolio | 1 | 2 |

Outline Syllabus

Study skills techniques including note taking, active reading, planning for an assignment, revision, exam techniques and information searches.
Planning and using tutorial, individual and group discussions as an aid to learning.
Presenting information in a variety of ways.
Introduction to research techniques and evaluation tools.
Personal development planning.
Develop practical awareness of key subject content.

Learning Activities

This module is taught through personal tutor groups, on a weekly basis, that supports the individuals in relation to their own needs and development.

Notes

This module will enable students to examine the ways in which they need to learn and develop both study and research based skills.