

Liverpool John Moores University

Title: INDIVIDUAL LEARNING AND DEVELOPMENT
Status: Definitive
Code: **4101SPODEV** (104347)
Version Start Date: 01-08-2016

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

Team	Leader
Sarah Nixon	Y

Academic Level: FHEQ4 **Credit Value:** 24 **Total Delivered Hours:** 110
Total Learning Hours: 240 **Private Study:** 130

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	20
Off Site	70
Seminar	20

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	AS1	Presentation (25 mins)	20	
Portfolio	AS2	Essay (3,000 words)	40	
Portfolio	AS3	Plan (1,500 words)	20	

Aims

This module sets out to empower learners to maximise their educational, personal and professional development with the goal of becoming autonomous, reflective practitioners and lifelong learners. It 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 Structure and manage their learning processes.
- 3 Diagnose personal development needs and plan towards meeting them, either from their own resources, from skills present in others or from external sources
- 4 Understand the potential an individual has and a range of methods for developing that potential as an individual and as part of a team
- 5 Identify opportunities available to them outside of the formal curriculum and develop practical knowledge in a work related learning setting

Learning Outcomes of Assessments

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

Portfolio	1	2	3	4	5
Evaluation	1	2	3	4	5
Profile	1	4	5		

Outline Syllabus

Exploration of learning styles and strategies, individually and in groups
Study skills techniques including profile
Study skills techniques including note taking, active reading, planning for an assignment, revision, exam techniques and information searches
ICT skill development
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
Work based and / or work related learning

Learning Activities

Lectures
Tutor groups seminars
IT support sessions
Work - related and / or work based learning.

Notes

The module will enable students to examine the ways in which they learn and develop both study and research based skills, knowledge and experience. The module will start students on the process of personal development planning and help them to develop their portfolio of both curriculum and extra-curricular activities and graduate skills.