

Module Information

2022.01, Approved

Summary Information

Module Code	4301SSLN
Formal Module Title	Personal and Professional Development 1
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 4
Grading Schema	40

Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

Learning Methods

Learning Method Type	Hours
Placement	35
Practical	10
Tutorial	30

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-CTY	CTY	September	12 Weeks

Aims and Outcomes

Aims	This module aims to introduce students to the necessary skills, conventions and personal development required for working at level 4. This module is a key foundation for all other modules.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Inform their own development through reflection on becoming an effective learner
MLO2	2	Demonstrate appropriate strategies for accessing, reading and evaluating information
MLO3	3	Reflect upon the following aspects of self-awareness in respect of personal development and career-planning: strengths and weaknesses, motivations and values, ability to work with others

Module Content

Outline Syllabus	Academic conventions (e.g. searching for information, analysing numbers, analysing words, presenting verbally) Models of reflection Work-based learning -community experience Active learning skills related to WBL Self-awareness Goal setting and personal and professional journey OAA experience to support team building Physical Literacy
Module Overview	This module combines the development of academic skills and conventions with personal development skills through Level 4. It will support learning through this module and all other modules.
Additional Information	This module combines the development of academic skills and conventions with personal development skills through level 4. It will support learning through this module and all other modules.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Portfolio	Portfolio	60	0	MLO1, MLO2, MLO3
Essay	Essay	30	0	MLO1, MLO2
Future Focus e-learning task	Self Awareness Statement	10	0	MLO3

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Emma Ball	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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