

## Liverpool John Moores University

Title: Personal and Professional Development 1  
Status: Definitive  
Code: **4301SSLN** (123036)  
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences  
Teaching School/Faculty: Sport and Exercise Sciences

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**Academic Level:** FHEQ4      **Credit Value:** 20      **Total Delivered Hours:** 75  
**Total Learning Hours:** 200      **Private Study:** 125

### Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Placement	35
Practical	10
Tutorial	30

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	AS 2	Portfolio (2500 word equivalent)	60	
Essay	AS 1	Essay (1500 words)	30	
Future Focus e-learning task	AS3	Self Awareness Statement	10	

### 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.*

## **Learning Outcomes**

After completing the module the student should be able to:

- 1 Inform their own development through reflection on becoming an effective learner
- 2 Demonstrate appropriate strategies for accessing, reading and evaluating information
- 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

## **Learning Outcomes of Assessments**

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

Portfolio	1	2	3
Essay	1	2	
Self Awareness Statement	3		

## **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*

## **Learning Activities**

This module will be delivered through Peer Learning Groups (PLG), work-based learning (in schools or community), practical (OAA experience)

## **Notes**

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.

