

Liverpool John Moores University

Title: PERSONAL DEVELOPMENT THROUGH PHYSICAL EDUCATION
Status: Definitive
Code: **5110EDSTUD** (117340)
Version Start Date: 01-08-2016
Owning School/Faculty: Education
Teaching School/Faculty: Education

Team	Leader
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Academic Level: FHEQ5 **Credit Value:** 24 **Total Delivered Hours:** 51
Total Learning Hours: 240 **Private Study:** 189

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	20
Online	8
Practical	20

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1		50	
Exam	AS2		50	3

Aims

To gain an enhanced appreciation of how physical education can contribute to the development of individuals from a physiological point of view in relation to healthy

active lifestyles and also develop personal learning and thinking skills.

Learning Outcomes

After completing the module the student should be able to:

- 1 Create exercise programmes based on exercise physiology principles that encourage maintenance of lifelong healthy active lifestyles and the development of elite performers.
- 2 Employ the use of ICT to improve personal practical skills.
- 3 Evaluate how personal learning and thinking skills (PLTS) can be developed through varied teaching and learning activities in physical education.

Learning Outcomes of Assessments

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

Assignment 1	2	3
Assignment 2	1	

Outline Syllabus

Enhancement of personal qualities, practical skills and knowledge of physical development through a range of practical and theoretical activities, using varied pedagogies.

Physiology linked to Healthy Active Lifestyles and personal development (Fitness training and leisure activities).

Personal Learning and Thinking Skills (PLTS) developed through individual and group activities.

Learning Activities

Theoretical and practical application of physiology to personal development
Theoretical and practical application of the development of PLTS through individual and group activities

Notes

Students will reflect on how individuals can develop from a physiological point of view in relation to healthy active lifestyles through physical education activities. They will consider how different types of activity can enhance the development of personal qualities and practical skills in relation to physical development. They will also consider how personal learning and thinking skills can be developed through individual physical education activities e.g. Gymnastics and Dance. ICT will be implicit in the development of these skills. This module is supported by 'Social

Development through PE' which also considers individual development through physical education, but in relation to the social aspects of learning.