

# LIFE ORIENTATION



basic education

Department:  
Basic Education  
REPUBLIC OF SOUTH AFRICA

## MEMO-2024

### LIFE ORIENTATION

### COMMON ASSESSMENT TASK

### SEPTEMBER 2024

#### PERSONAL FITNESS AND HEALTH GOALS



Committing to a consistent  
work-out routine, lifestyle and nutritional plan  
will not only build your body.  
It will also build your mind.

(Adapted from [www.stockphoto.com](http://www.stockphoto.com). Accessed on 18 July 2024.)

- 1.4.1 Describe ONE social benefit of including recreational activities in a personal lifestyle plan. (1 x 2)
- 1.4.2 Explain how following a consistent exercise routine could contribute to your mental well-being. (1 x 2)
- 1.4.3 Discuss ONE possible advantage of following a balanced nutritional plan on a person's long-term physical health. (1 x 2)

# Memorandum Of Life Orientation October 2014

**Elsa Kristiansen, Milena M.  
Parent, Barrie Houlihan**



## **Memorandum Of Life Orientation October 2014:**

What the Hell Do You Have to Lose? Juan Williams, 2018-09-25 The bestselling author political analyst and civil rights expert delivers a forceful critique of the Trump administration's ignorant and unprecedented rollback of the civil rights movement In this powerful and timely book civil rights historian and political analyst Juan Williams denounces Donald Trump for intentionally twisting history to fuel racial tensions for his political advantage In Williams's lifetime crusaders for civil rights have braved hatred violence and imprisonment and in so doing made life immeasurably better for African Americans and other marginalized groups Remarkably all this progress suddenly seems to have been forgotten or worse undone The stirring history of hard fought and heroic battles for voting rights integrated schools and more is under direct threat from an administration dedicated to restricting these basic freedoms Williams pulls the fire alarm on the Trump administration's policies which pose a threat to civil rights without precedent in modern America What the Hell Do You Have to Lose makes a searing case for the enduring value of our historic accomplishments and what happens if they are lost **Elite Youth Sport**

**Policy and Management** Elsa Kristiansen, Milena M. Parent, Barrie Houlihan, 2016-10-04 Elite youth sport competitions have increased significantly in number in recent years with the Youth Olympic Games representing the high point of this phenomenon This book examines the global context within which elite youth sport has emerged and continues to grow It explores elite youth sport policy across fifteen countries in Europe the Americas Africa and Asia addressing the questions of how youth talent development is organised and why elite youth sport has become so popular Taking a comparative global perspective the book analyses the growth in more systematic approaches to young athlete development and the increasing emphasis on early talent identification It discusses the attitude of stakeholders such as NGBs governments and sponsors towards elite youth sport while also considering how young elite athletes' interests are protected and how the growth in elite youth sport affects a sport's development strategy Written by a team of internationally renowned researchers **Elite Youth Sport Policy and Management** A comparative analysis is fascinating reading for all students scholars managers policy makers and coaches with an interest in youth sport elite sport development talent identification and sports policy *Complicit* Reah Bravo, 2024-06-18 A brave book that imbues MeToo era discourse with a fresh voice Kate Bolick New York Times bestselling author this is a thoroughly researched and deeply personal examination of how women unintentionally condone workplace abuse and what we can do to change things for the better When Reah Bravo began working at the Charlie Rose show the open secret of Rose's conduct towards women didn't deter her from pursuing a position she thought could launch her career in broadcast journalism She considered herself more than capable of handling any unprofessional behavior that might come her way But she soon learned a devastating truth we don't always react to abusive situations as we imagine we will When we live in a society where many feminist ideals are mainstream and women hold positions of power how is it possible that sexual misconduct remains prevalent When many employers mandate trainings to prevent harassment of all kinds why is workplace

abuse still so rampant Weaving her own experience with those of other women and insights from experts Bravo reveals the psychological and cultural forces that make us all enablers of a sexist and dangerous status quo At a critical time in the ongoing fight for gender and racial justice Bravo has written an empathic and concise book that will inspire the next generation of voices courageous enough to rage against the machine Rebecca Carroll author of *Surviving the White Gaze*

Lesbian, Gay, Bisexual, and Transgender Americans at Risk Chuck Stewart, 2018-02-16 Three volumes organized by the three phases of life youth middle age and old age explore the LGBTQ experience delving deeply into research on a multitude of hot topics including risks experienced by this sometimes targeted population In June of 2015 the United State Supreme Court issued an opinion that directly impacted the lives of many LGBT Americans in *Obergefell v Hodges* the court required all states to issue marriage licenses to same sex couples and to recognize same sex marriages performed in other jurisdictions While many activists consider this a major achievement LGBT individuals still face a number of pressing issues In *Lesbian Gay Bisexual and Transgender Americans at Risk* editor Chuck Stewart and a carefully selected group of contributors unravel these far reaching concerns The book is a cutting edge resource for academics activists scholars students and lay people who are interested in examining LGBT social and political movements as well as the public policy progress and setbacks of recent years Three volumes of essays by experts in a variety of fields delve deeply into primary sources to tackle important topics such as transgender adolescents alcohol and drug abuse and the massacre at Pulse gay nightclub along with dozens of others Organized by life stages this comprehensive work sheds light on concerns and controversies affecting youth adults and seniors connected to the LGBT community

**"Code of Massachusetts regulations, 2014"**, 2014 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020

**Tackling Terrorism in Britain** Steven Greer, 2021-10-14 In September 2001 the world witnessed the horrific events of 9 11 A great deal has happened on the counterterrorist front in the 20 years since While the terrorist threat has greatly diminished in Northern Ireland the events of 9 11 and their aftermath have ushered in a new phase for the rest of the UK with some familiar but also many novel characteristics This ambitious study takes stock of counterterrorism in Britain in this anniversary year Assessing current challenges and closely mirroring the four Ps of the official CONTEST counterterrorist strategy Protect Prepare Prevent and Pursue it seeks to summarize and grasp the essence of domestic law and policy without being burdened by excessive technical detail It also provides a rigorous context aware illuminating yet concise accessible and policy relevant analysis of this important and controversial subject grounded in relevant social science policy studies and legal scholarship This book will be an important resource for students and scholars in law and social science as well as human rights terrorism counterterrorism security and conflict studies

**American Military Life in the 21st Century** Eugenia L. Weiss, Carl Andrew Castro, 2018-11-16 A comprehensive guide to the lives and experiences of military service members veterans and their families in the United States today with special

emphasis given to those of the post 9 11 era This reference work provides detailed information on the issues U S service members face both stateside and during deployments overseas Issues covered include relations with family substance use housing educational and job training opportunities post traumatic stress disorder and other health issues and experiences of women sexual minorities and ethnic racial minorities in the armed services This set also examines major issues related to military service for people close to the men and women who serve our country such as spouses or partners children and parents grappling with such issues as single parenthood during deployment and bereavement at the loss of a loved one Finally this set is a valuable resource for people seeking a greater understanding of the issues that confront some military service members and veterans from chronic health problems to economic vulnerability to suicide to incarceration The two volumes are written in a comprehensive yet succinct and accessible style by experts familiar with the latest trends and findings

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