

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. 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)

14 Exemplar Life Orientation

Marlaine C Smith



14 Exemplar Life Orientation:

The Cambridge Companion to the Trinity Peter C. Phan, 2011-06-30 How do Christians reconcile their belief in one God with the concept of three divine persons This Companion provides an overview of how the Christian doctrine of the Trinity has been understood and articulated in the last two thousand years The Trinitarian theologies of key theologians from the New Testament to the twentieth century are carefully examined and the doctrine of the Trinity is brought into dialogue with non Christian religions as well as with other Christian beliefs Authors from a range of denominational backgrounds explore the importance of Trinitarian thought locating the Trinity within the wider context of systematic theology Contemporary theology has seen a widespread revival of the doctrine of the Trinity and this book incorporates the most recent developments in the scholarship

The Monastic World Andrew Jotischky, 2025-01-14 A major new history of medieval monasticism from the fourth to the sixteenth century From the late Roman Empire onwards monasteries and convents were a common sight throughout Europe But who were monasteries for What kind of people founded and maintained them And how did monasticism change over the thousand years or so of the Middle Ages Andrew Jotischky traces the history of monastic life from its origins in the fourth century to the sixteenth He shows how religious houses sheltered the poor and elderly cared for the sick and educated the young They were centres of intellectual life that owned property and exercised power but also gave rise to new developments in theology music and art This book brings together the Orthodox and western stories as well as the experiences of women to show the full picture of medieval monasticism for the first time It is a fascinating wide ranging account that broadens our understanding of life in holy orders as never before

The Challenge of Diversity David M. Rhoads, The Challenge of Diversity argues that the present diversity in the church reflects a rich variety that was integral to the early Christian movement from its very beginnings Rhoads shows how Galatians Mark Matthew Luke and John each present a fundamentally different understanding of the human condition a different vision for life under God and a different portrayal of our transformation

Liturgy, Theurgy, and Active Participation Kjetil Kringlebotten, 2023-09-08 Providing a metaphysical grounding for liturgical participation this book argues that active participation in the liturgy must be understood principally as our participation in God's act particularly in the act of Christ and only secondarily as our ritual involvement Utilizing Neoplatonist philosophy Kjetil Kringlebotten proposes that this should be understood in terms of theurgy which is the human participation in divine action which finds its consummation in the incarnation of Christ Without the incarnation all acts will remain extrinsic and imposed but acts can become real and intrinsic precisely because the incarnation makes possible true union with the divine a metaphysical union in distinction without confusion because this union is not extrinsic Through union with Christ as the one common focus of the divine human relation we can have true union with God and may offer true worship In order to make sense of active participation then we need to understand theology in theurgic terms where theurgy is understood not as a mechanical coercion of God but as a

participation in His act in creation and through Christ as the true theurgist the master theurgist Whose work transforms our act and the liturgy

Nursing Theories and Nursing Practice Marlaine C Smith, 2019-10-02 Noted nursing scholars explore the historical and contemporary theories that are the foundation of nursing practice today The 5th Edition continues to meet the needs of today's students with an expanded focus on the middle range theories and practice models that link theory to clinical practice You'll explore the role of these theories in the real world to see how they guide nursing practice

Learning for Life Andrew Garrod, 1992-09-17 There is a growing consensus in society on the need for schools and colleges to address the issue of moral education despite argument over the philosophy that should guide it This compilation is reflective of the cognitive developmental approach associated primarily with Lawrence Kohlberg and his colleagues Broad in scope Part 1 offers an overview of theoretical perspectives on moral education Part 2 looks at several innovative approaches to the implementation of moral education theory Chapter topics include the relationship between families and schools as forces in moral education the use of literature to teach moral reasoning an educational program that stimulates thought about moral decisions through its examination of the Holocaust and a discussion of the potential value of competitive sports teams in moral development Part 3 focuses on the role that schools can play in the development of democratic values and ways of thinking

The Lives of George Frideric Handel David Hunter, 2015 This book aims not only to re-examine the life of the great composer Handel but also to explore the very concepts of biography With an introduction bibliography and index Figures Tables

Portraits of the Righteous in the Psalms Daniel C. Owens, 2013-08-23 What have the Psalms to do with ethics Readers prize the Psalter for its richly theological prayers but into these prayers are woven a variety of ethical issues This book explores the ethics of the Psalter by examining the four portraits of the righteous person that punctuate Book I It begins by studying these psalms as individual compositions and then employs both the canonical approach and dialogic criticism to identify the complex relationship between the portraits vision of the righteous life and its outcome Does the righteous person enjoy security and the good life The answer may be surprising but joining the psalmist on the rocky path of the interface of faith and experience is certain to prove a formative experience

Cassian's Conferences Christopher J. Kelly, 2016-04-08 This book explores Cassian's use of scripture in the Conferences especially its biblical models to convey his understanding of the desert ideal to the monastic communities of Gaul Cassian intended the scriptures and implicitly the Conferences to be the voices of authority and orthodoxy in the Gallic environment He interprets familiar biblical characters in unfamiliar ways that exemplify his ideal By imitating their actions the monk enters a seamless lineage of authority stretching back to Abraham This book demonstrates how the scriptures functioned as a dynamic force in the lives of Christian monks in the fourth and fifth centuries emphasizes the importance of Cassian in the development of the western monastic tradition and offers an alternative to the sometimes problematic descriptions of patristic exegesis as allegory or typology Cassian has been described as little more than a provider of information about Egyptian monasticism but a careful

reading of his work reveals a sophisticated agenda to define and institutionalize orthodox monasticism in the Latin West

Jewish Martyrdom in Antiquity Yair Furstenberg, Jan Willem van Henten, Friedrich Avemarie, 2023-03-06 This volume offers a comprehensive discussion of all relevant sources concerning Jewish martyrdom in Antiquity By viewing these narratives together tracing their development and comparing them to other traditions the authors seek to explore how Jewish is Jewish martyrdom To this end they analyse the impact of the changing social and religious cultural circumstances and the interactions with Graeco Roman and Christian traditions This results in the identification of important continuities and discontinuities Consequently while political ideals that are prominent in 2 and 4 Maccabees are remarkably absent from rabbinic sources the latter reveal a growing awareness of Christian motifs and discourse

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