

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)

Life Orientation Question 4 In Memo Of November 2014

Ephraim Das Janssen



Life Orientation Question 4 In Memo Of November 2014:

Phenomenal Gender Ephraim Das Janssen, 2017-09-11 A philosophical examination of gender through the scope of phenomenology Just what is gender and what can be expected of it when dealing with identity justice and equality Ephraim Das Janssen uses a phenomenological approach to challenge and dismantle the way gender is currently understood Janssen questions ideas that have formerly been taken for granted as individuals did during the Civil Rights movement the women s movement and the LGBT rights movement In so doing he recasts the moral debate about gender and grounds his analysis in observable aspects such as clothing and social roles and how these can imply transgression and questioning Janssen shakes the very core of gender through a deep engagement with Being and the structures that confine our contemporary notions Original in its reach and ambitious in scope this book is poised to make an important contribution to Heidegger studies to phenomenologies of the body and to transgender studies Gayle Salamon author of *Assuming a Body*

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