

Explain and justify the reasons behind your choice of teaching and learning approaches and use of resources, for one of your delivered sessions

For my teaching session I have included activities which incorporate visual, auditory and kinaesthetic teaching methods to ensure that all learners' preferences are incorporated. I have used powerpoint slides as a visual aid to give comprehensive indication of aims and objectives and as an introduction to participatory activities. I have also produced handouts for students to take home as a reflective tool which will reinforce important information given during the teaching session.

My introduction to the session includes assessment of learners' prior experiences of holistic health and, through group work, gives me an impression of their understanding of the subject matter. I have chosen to use my own personal experience along with group discussion as an auditory aid to provide an overview of how I became involved in holistic health. I believe that sharing at this level shows students that every learning experience within holistic health has a starting point upon which knowledge can be built and places an emphasis on the importance of learning together as a progressive tool.

The learning to listen to your body group exercise encourages individual participation as part of a group experience. I have chosen this form of group activity as it incorporates all three VAK methods and therefore appeals to students regardless of their learning preference. Students will be listening to guidance from me as they kinaesthetically explore their own health while utilising successful visualisation techniques to combat tension in a holistic manner.

Assessment of learning will be elicited from discussion of the group exercise. I will encourage students to openly discuss the holistic context of the exercise in light of the understanding they have gained from the teaching session.