**Identifying Particulars**

* **Name:** Monique de Milander
* **Personnel number:** 085 3893

**Educational Qualifications**

**Schooling**

**Last school attended:** Calvinia High School, Calvinia

**Head of school:** Mr J Snyman

**Highest grade passed:** Matric (1998)

**Tertiary education**

* **Undergraduate:** Diploma (Tygerberg College: 2002)

Sport Management and Coaching

B.A. Human Movement Science (University of the Free State: 2004)

Nutrition and Exercise

* **Postgraduate:** B.A. Hons. Human Movement Science (University of

the Free State: 2005)

Kinderkinetics

M.A. Human Movement Science (University of the Free State: 2009)

Kinderkinetics

Current Employment Status

Full-time Junior Lecturer, Department of Exercise and Sport Science.

Areas of Assigned Teaching Responsibility

**2006-2007:**

* MBW 122 – Motor Learning
* MBW 142 – Rehabilitation of body deviations
* ECD 112 – Developmental Games
* MBW 132 – Growth and Development
* MBW 232 – Sport Psychology
* MBW 610 – Movement Development and Rehabilitation
* MBW 611 – Evaluation and Kinderkinetics Practice
* Kinderkinetics Centre Manager

**2008-2009:**

* ECD 112 – Developmental Games
* MBW 601 – Research Project
* MBW 609 – Understanding Motor Development
* MBW 610 – Movement Development and Rehabilitation
* MBW 611 – Evaluation and Kinderkinetics Practice
* Kinderkinetics Centre Manager

**2011:**

* KIN 312 – Perceptual-Motor Learning
* MBW 601 – Research Project
* MBW 609 – Understanding Motor Development
* MBW 610 – Movement Development and Rehabilitation
* MBW 611 – Evaluation and Kinderkinetics Practice

Teaching Experience

* Lecturing for 6 years

Other Work experience

**Community Service:**  Kinderkinetics Centre

Eunice Primary School

Tjokkies Primary School

Martie du Plessis

Maselspoort

**Conferences Attended**

SASRECON Congress: September 2006, University of Potchefstroom,

South-Africa.

SASRECON Congress: July 2008, University of P.E., South-Africa.

FACULTY OF HUMANITIES: 2009; University of the Free State, South-Africa – presented an Community Service Poster (Kinderkinetics)

SEMINAR PRESENTATION: MAY 2010, Withrow Trust, Bloemfontein, South Africa. Presenting: Stimulating the physical development of children.

FACULTY OF HUMANITIES: 2010; University of the Free State, South-Africa Presentation: Motor Proficiency and Physical Fitness in Active and Inactive girls aged 12 – 13 years

SASRECON Congress: August 2010, University Zululand., South Africa. Presentation: Motor Proficiency and Physical Fitness in Active and Inactive girls aged 12 – 13 years

**Professional growth Activities**

* Mentoring, June 2006
* Compiling a Module Guide, August 2006
* Assessment Rubrics, September 2006
* Module Evaluation, May 2007
* Mentoring, May 2007
* International Institute for Sport Science and Fitness Training: South Africa, Junior aerobics Instructor (course for Kinderkinetics), November 2007
* Assessment in learning in Higher Education, February 2008
* Module evaluation: evaluations of assessment, April 2008
* Writing course, June 2009
* Study leaders working with post-graduate studies, July 2009
* Research methodology course, October 2009
* Reflex course, October 2009
* Academic discussion: Irrelevant learning material as academic cancer: The South African situation, November 2009
* Perceptual course for children: (National Diploma), December 2009
* UFS Workshop on doctoral supervision, January 2010
* Bridging Teaching-Learning Gaps: Engagement through Technology, February 2010
* Web of knowledge, Julie 2011

Awards

* Professional Provident Society Insurance CO. LTD Prize, Student who received the highest marks in Kinderkinetics, Honours (2005)
* Golden Key International Honour Society Award (2005)
* Reward for Excellence in Teaching: Faculty of the Humanities at the University of the Free State (2010)

**Articles**

**South African Journal for Sport, Physical Education en Recreation** 2011 Vol.33, No. 3. *Motor proficiency and physical fitness in active and inactive girls aged 12 – 13 years.*

**Committee**

**2011:**

Teaching and Learning in the Faculty of Humanities