



UNIVERSITY  
of  
TECHNOLOGY,  
MAURITIUS

**School of Sustainable Development and Tourism**

# **BA (Hons) Counselling**

**PROGRAMME DOCUMENT**

VERSION 4.2

*BCNLG 4.2*

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**University of Technology, Mauritius**

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# BA ( Hons) Counselling

## A. PROGRAMME INFORMATION

This Three-year full-time and Four-year part-time Degree programme is designed to meet the growing needs of professionals and other persons confronted with the demand for help and support coming from employees and employers from both the Public and the Private sector, Parastatal bodies, NGO's and other Institutions. It is mainly geared towards young persons as well as mature adults interested in the practical and theoretical issues related to counselling. This programme is intended for both, people seeking training in the field of counselling, and those who are already involved in counselling activities and who wish to enhance their knowledge and skills as practicing professionals in the sectors of health, education, social & other welfare services; and other related sectors. The major target audiences include social workers, probation officers, family counselors, health workers, personnel involved in the care of the elderly, teachers, welfare officers, substance abuse rehabilitation officers, rehabilitation officers, and other individuals involved in counselling including fresh secondary school students wanting to embrace a career in the field of counselling.

## B. PROGRAMME AIMS

This programme aims to focus on professional counseling practices, by extending knowledge, expertise and skills through the application of a person-centered approach to problems and issues related to counselling within the society. It is designed to equip the course participants with the necessary knowledge and skills to work with people in need of counselling in institutions and situations arising in the various sectors of human life. It will support the professional development of those already involved in counselling while adding an academic dimension to their existing skills, with a view to make them more efficient practitioners.

## C. PROGRAMME OBJECTIVES

- Identify issues and tasks relevant to the counselling process.
- Develop an understanding of the social problems and their impact on individuals within the social context.
- Provide opportunities to investigate significant issues through case studies.
- Apply knowledge and skills in structuring counselling sessions to effectively empower persons seeking help.
- Appreciate the effects of organizational and societal influences on the everyday life of people. Recognize the need to adopt a person-centered approach to effective counselling.
- Develop necessary listening skills and use them effectively in counselling sessions.

## **PART I - REGULATIONS**

### **D. GENERAL ENTRY REQUIREMENTS**

As per UTM's Admissions Regulations, and 'Admission to Programmes of Study at Degree Level'.

### **E. PROGRAMME ENTRY REQUIREMENTS**

As per UTM General Entry requirements

### **F. PROGRAMME MODE AND DURATION**

Full Time: Minimum 3 Years, Maximum 6 Years

Part Time: Minimum 4 Years, Maximum 7 Years

Each academic year includes two semesters.

### **G. TEACHING AND LEARNING STRATEGIES**

The programme will employ a wide variety of teaching methods, including lectures, individual or group projects, presentations, workshops, case studies, field visits, talks by guest speakers and work placement.

The University recognises the importance of practical experience and its value to employers. Work Placement holds a significant place in the degree as it allows full-time students to obtain first-hand exposure before taking up employment after graduation. Part-time students will be required to submit a portfolio.

Self-learning will be the key feature of the programme, enabling students to explore, investigate and research into the various topics, interact with practitioners, and work in teams on projects.

### **H. STUDENT SUPPORT AND GUIDANCE**

In addition to traditional lectures, group tutorials or individual tutorials are arranged for students.

### **I. Attendance Requirements**

As per UTM's Regulations and Policy.

### **J. Credit System**

The modules carry 3 or 4 credits as per the programme structure.

Professional placement - 4 credits

Portfolio – 4 credits

Dissertation- 9 credits

For the award of a Certificate, 34 credits are required

For the award of a Diploma, 68 credits are required

For the award of a Degree, 103 credits are required

1 credit = 15 hours of lecture

1 credit = 30 hours of practical/tutorials/seminars

1 credit = 60 hours of Professional Placement

### **K. STUDENT PROGRESS AND ASSESSMENT**

For the award of the Degree, all modules must be passed in the examinations, coursework and other forms of assessment.

The programme will be assessed as follows:

1. Unless otherwise specified, written examinations shall be of duration of 2 hours for modules carrying 3 credits and not less than 3 hours for modules carrying 4 credits contributing 70% of the total marks. The assessment weightage per examination-based module is 70% for written examinations and 30% for continuous assessment such as seminars, presentations, class tests and written assignments. All modules are normally assessed over 100 marks, except for project/dissertation where it shall be as specified in the programme.
2. The modules 'Essentials of Statistics' will be assessed through 50% coursework and 50% exams. The Coursework should include at least 2 class tests and two formal assignments.
3. The following modules will be assessed 100% coursework as follows:
  - Social Research Methods will be assessed by project based assignment involving fieldwork, report and presentation.
  - Full-time students will be assessed for the Work Placement in Year 2 Semester 2 which will be conducted for a total of 300 hours. The learning objectives for the Work Placement will be specified in a learning contract between the placement supervisor and the learner.

This learning contract specifies the roles and responsibilities of the student and the learning objectives. The placement supervisor will be required to fill out a feedback appraisal form pertaining to student's performance during the placement. Students must demonstrate that they have achieved the learning objectives specified in the learning contract.

Part-time students will be assessed for Portfolio as per the portfolio guideline.

## L. EVALUATION OF PERFORMANCE

### Grading

Overall Marks	Grade
$70 \leq X \leq 100$	A
$60 \leq X < 70$	B
$50 \leq X < 60$	C
$40 \leq X < 50$	D
$X < 40$	F
A-D	Pass
F	Fail

The percentage mark at Level 1 contributes a 20% weighting towards the Degree classification.

The percentage mark at Level 2 contributes a 30% weighting towards the Degree classification.

The percentage mark at Level 3 contributes a 50% weighting towards the Degree classification.

## M. AWARD CLASSIFICATION

First Class with Honours	$CPA \geq 70$
Second Class First Division with Honours	$60 \leq CPA < 70$
Second Class Second Division with Honours	$50 \leq CPA < 60$
Third Class with Honours	$45 \leq CPA < 50$
Pass	$40 \leq CPA < 45$
No Award	$CPA < 40$

## N. PROGRAMME ORGANISATION AND MANAGEMENT

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## PART II - PROGRAMME STRUCTURE

### O. BA (Hons) Counselling – Full Time (Version 4.2)

YEAR 1							
Semester 1				Semester 2			
Code	Modules	Hrs/Wk L+T	Credits	Code	Modules	Hrs/Wk L+T	Credits
MGPL 1105B	Essentials of Psychology	3+0	3	CNLG 1310B	Skills in Counselling and Personal Development I	3+0	3
SSCI 1101B	Introduction to Sociology	3+0	3	CNLG 1311B	Social Psychology	3+0	3
CNLG 1103B	Counselling Theory and Principles	3+0	3	OSHM 1110B	Workplace Safety and Health Promotion	3+0	3
MBUS 1102B	Principles and Practices of Management	3+0	3	MGPL 22048	Industrial Psychology	3+0	3
SSCI 1601B	Introduction to Physiological Psychology	3+0	3	STAT 1104B	Essentials of Statistics	2+2	3
SSDV 1104B	Sustainability for Social Sciences	3+2	4				
→ Start of Level 1				Finish of Level 1 →			
YEAR 2							
Semester 1				Semester 2			
Code	Modules	Hrs/Wk L+T	Credits	Code	Modules	Hrs/Wk L+T	Credits
CNLG 2312B	Skills in Counselling and Personal Development II	3+2	4	CNLG 2316B	Substance Abuse Counselling	3+2	4
MGMT 2119	Managing public and private welfare institutions	3+0	3	CNLG 2317B	Workplace and Career Counselling	3+2	4
CNLG 2313B	Children, Adolescent and Peer Counselling	3+2	4	CNLG 2204B	Counselling Ethics and Legal Framework	3+0	3
CNLG 2314B	Family and Marriage Counselling	3+2	4	WPL2000B	Workplacement		4
CNLG 2315B	Sexuality Counselling	3+2	4				
Start of Level 2 →				→ Finish of Level 2			

YEAR 3							
Semester 1				Semester 2			
Code	Modules	Hrs/Wk L+T	Credits	Code	Modules	Hrs/Wk L+T	Credits
CNLG 3318B	<i>Stress Disorders and Anger Management</i>	3+2	4	PSY 3203 B	<i>Psychotherapy</i>	3+2	4
CNLG 3319B	<i>Social Care Counselling and Community Services</i>	3+2	4	CNLG 3320 B	<i>Clinical Counselling : Mood Disorders , Suicide, Bereavement and Post Traumatic Counselling</i>	3+2	4
STAT 3306B	<i>Social Research Methods</i>	3+2	4	OPS 3205B	<i>Project Management</i>	3+0	3
GTLY 3101B	<i>Gerontology</i>	3+0	3				
DISS3000B	<i>Dissertation</i>			DISS 3000B	<i>Dissertation</i>		9
→ Start of Level 3				Finish of Level 3 →			

**Total Number of Credits: 103**

**P. BA (Hons) Counselling – Part Time (Version 4.2)**

YEAR 1							
Semester 1				Semester 2			
Code	Modules	Hrs/Wk L + T	Credits	Code	Modules	Hrs/Wk L + T	Credits
MGPL 1105B	Essentials of Psychology	3+0	3	SSCI 1601B	Introduction to Physiological Psychology	3+0	3
SSCI 1101B	Introduction to Sociology	3+0	3	SSDV 1104B	Sustainability for Social Sciences	3+2	4
CNLG 1103B	Counselling Theory and Principles	3+0	3	CNLG 1310B	Skills in Counselling and Personal Development I	3+0	3
MBUS 1102B	Principles and Practices of Management	3+0	3	CNLG 1311B	Social Psychology	3+0	3
→ Start of Level 1							
YEAR 2							
Semester 3				Semester 1			
Code	Modules	Hrs/Wk L + T	Credits	Code	Modules	Hrs/Wk L + T	Credits
OSHM 1110B	Workplace Safety and Health Promotion	3+0	3	CNLG 2312B	Skills in Counselling and Personal Development II	3+2	4
MGPL 22048	Industrial Psychology	3+0	3	MGMT 2119	Managing public and private welfare institutions	3+0	3
STAT 1104B	Essentials of Statistics	2+2	3	CNLG 2313B	Children, Adolescent and Peer Counselling	3+2	4
				CNLG 2314B	Family and Marriage Counselling	3+2	4
→ End of Level 1				→ Start of Level 2			
YEAR 3							
Semester 2				Semester 3			
Code	Modules	Hrs/Wk L + T	Credits	Code	Modules	Hrs/Wk L + T	Credits
CNLG 2315B	Sexuality Counselling	3+2	4	CNLG 2204B	Counselling Ethics and Legal Framework	3+0	3
CNLG 2316B	Substance Abuse Counselling	3+2	4	PORT 2000B	Portfolio		4
CNLG 2317B	Workplace and Career Counselling	3+2	4				
→ End of Level 2							

YEAR 4							
Semester 1				Semester 2			
Code	Modules	Hrs/Wk L + T	Credits	Code	Modules	Hrs/Wk L + T	Credits
CNLG 3318B	Stress Disorders and Anger Management	3+2	4	PSY 3203 B	Psychotherapy	3+2	4
CNLG 3319B	Social Care Counselling and Community Services	3+2	4	CNLG 3320 B	Clinical Counselling : Mood Disorders , Suicide, Bereavement and Post Traumatic Counselling	3+2	4
STAT 3306B	Social Research Methods	3+2	4	OPS 3205B	Project Management	3+0	3
GTLY 3101B	Gerontology	3+0	3				
DISS 3000B	Dissertation			DISS 3000B	Dissertation		9
→ Start of Level 3				→ End of Level 3			

**Total Number of Credits: 103**



## **Q. NON-PRESCRIPTIVE SYLLABUS OUTLINE**

### **YEAR 1 SEMESTER 1**

#### **MGPL 1105B: Essentials of Psychology**

Major perspectives & areas of speciality in the field of psychology, Studies carried out in various fields of psychology, what makes human beings think, feel & act the way they do. Review of existing research findings and actions to be taken to harness human potentials individually & in groups for the benefits of organisations. Methodologies for conducting psychological research and study of current behavioural problems in organisation. Psychology of the masses and its effects on the media.

#### **SSCI 1101B: Introduction to Sociology**

Perspectives in sociology, the interplay between social influences and personal experience, gender issues, stratification, ethnicity and race, groups and organizations. Basic social institutions, marriage and the family, education and the media and work and economic life

#### **CNLG 1103B: Counselling Theory and Principles**

Overview of psychotherapeutic approaches and the Humanistic/ Person-centered theory and practice. Study of counselling models: gestalt, cognitive behavioural, psychodynamic, counselling relationship and counselling across cultures. The role and relevance of the helping professions, the knowledge and attitude needed to use counselling in various fields and issues in counselling; social, cultural, ethnic, religious implications in professional counselling. The personal and professional requirements for career development in the field of counselling and academic and practice requirements. Ethical frameworks that underpin and contain good practice in counselling and commitment

#### **MBUS 1102B: Principles and Practice of Management**

Definition, Meaning & Scope of Management; Brief overview of Management Approaches; Roles & functions of Managers; Understanding & Managing Business Environment; Decision making; Motivation; Leadership; Teams & team building; Managing for sustainability – managerial behaviour & effectiveness; Perception & communications; Values, Ethics & Professionalism; Corporate Social Responsibility

#### **SSCI 1601 B: Introduction to Physiological Psychology**

History of the human mind; neuroscience, Neuron and groups of Neurons, the organisation of the Nervous System, hormones and behaviour, the brain chemistry, drugs and mental illness, Arousal, sleep and circadian Rhythms and Chemical senses and the mechanisms for eating and drinking

#### **SSDV 1104 B: Sustainability for Social Sciences**

Origins & concept of sustainability; Definitions and measures of economic, social and environmental sustainability; Key concepts & drivers of sustainability; Sustainable development issues & socio-cultural sustainability; The triple bottom line: economics, environment & equity; Roles of stakeholders, institutions, the business community, government, consumers & NGOs; Principles of social sustainability; Social footprint; Social sustainability assessment framework; Corporate social responsibility; Resource production & consumption; Education and sustainable lifestyle; Transport and social sustainability; Eco-efficiency & carbon trading ; Sustainable industry and business

### **YEAR 1 SEMESTER 2**

#### **CNLG 1310B: Skills in Counselling and Personal Development I**

Overview of theory & Practice in Counselling, Core & micro Skills of Counselling, Reflection of Feelings, Emotions & Content in Counselling, Conflict Resolution, Transactional Analysis, Exploring own values, beliefs, attitudes & Prejudices, developing practical understanding and the dynamics of situations presenting for counselling, developing knowledge of typical behavioural reactions to crisis situations, active listening Skills, Emotional Intelligence. Self-Disclosure.

### **CNLG 1311B: Social Psychology**

Introduction to social psychology, the social cognition, attitudes, prejudice and discrimination, interpersonal attraction, interpersonal relationships, the pro social behaviour. Aggression; nature, causes and control, groups and individuals. Bandura's Theory of Social Behaviour.

### **OSHM 1110B: Workplace Safety and Health Promotion**

Concepts of Safety and Health promotion; Environmental workplace hazards & Occupational Health: Ergonomics, Psycho-social diseases and wellness promotion; Workplace violence; Safety considerations in the work environment; Promotional strategies for developing safety and health culture: internal and external customer; Legislation governing Safety and Health; Role of Employer, Supervisor & Management in Safety & Health promotion; Organisation Safety & Health policy; Current issues in Safety and Health promotion

### **MGPL 2204 B: Industrial Psychology**

The individual: personality, personality theories, values, attitudes, job satisfaction, motivating individuals, the group and foundations of group behaviour, leadership, understanding work teams, leadership, teams & power, conflict levels, & management, negotiation, learning organisations

### **STAT 1104B: Essentials of Statistics**

Introduction to Statistics; Type of data; Measurement and scaling techniques; Data collection and data preparation; Graphical representation of data; Measures of location and dispersion; Basic probability; Distribution of random variables: Binominal and Normal distribution; Sampling distribution and interval estimation

## **YEAR 2 SEMESTER 1**

### **CNLG 2312B: Skills in Counselling and Personal Development II**

Self & Social understanding, Self-awareness & Self-understanding, personal development, understanding one's relationship to self and others, shared learning, knowledge, supervision of counselling work, sharing personal and work experience, reflecting on own experience and growth and sharing those with others, exploring new relationships, facing the challenges of new situations, new people, new issues, gauging own strength and weaknesses as a counsellor.

### **MGMT 2119B: Managing Public and Private Welfare Institutions**

Managing welfare institutions, public and private institutions, social welfare agency administration and management, record keeping, types of welfare institutions, funding and budget management, dealing with issues related to internal and external clients, public support and interventions, crisis management; cyclones, flood, fire management, dealing with trauma; needs and wants of communities, perception of welfare institutions and public expectations.

### **CNLG 2313B: Children, Adolescent and Peer Counselling**

An overview of child development Children's problems; bullying; being bullied, disruptive children, attention-seeking children, physical abuse, sexual abuse; children from broken homes, child neglect; hyperactive children; school dropouts, Delinquency, self-image, self-concept, self-esteem, self-evaluation; attraction and repulsion, Peer group; identification; norms and values; socio-metric variables; peer and friendship; attitudes, values and beliefs; roles, attributions; ; views and opinions; perceptions and aspirations; relative importance of role models; desirable standard of peer group behaviour, issues in peer counselling; ; success and failure of peer counselling.

### **CNLG2314B: Family and Marriage Counselling**

Role of the family, Marriage, Stress in marriage, problems in relationship, new trends in family structure, dealing with generation issues, meaning of married life, divorce, single parent families, intimacy in family relationship (importance of intimacy, love & intimacy, causes of failure of intimacy, steps to improve intimacy), Spouse Abuse.

### **CNLG 2315B: Sexuality Counselling**

Sexual activity, normal & Abnormal sexual activity (sodomy, masochism, sadism, necrophilia), loss of sex drive, infertility, sexual difficulty; homosexuality; rape; fetishism; travesties, Pedophilia & sexual abuse,

children and sexuality, training and education; role of media: films, TV, radio, magazines, newspapers, and other mediated information, bestiality, adolescence and sexuality, masturbation.

## **YEAR 2 SEMESTER 2**

### **CNLG 2316B: Substance Abuse Counselling**

Introduction to substance use and substance users, attitude towards substance abuse, smoking, drinking, tranquillizers, illegal drugs, dealing with the addict; drugs and alcohol, other substance of abuse, gambling; child's gambling, cannabis, khat, skills and, knowledge-based expertise to use counselling with drug and alcohol addicts, becoming a drug and alcohol worker and a professional counsellor in the field, developing competence to face issues related to substance abuse counselling, legal issues in substance abuse.

### **CNLG 2317B: Work place and Career Counselling**

Getting to know the workplace; helping employees; success at work, improving relationship, time management, identifying vulnerable people, watching signs of stress, impression management, coping with promotion and demotion, social support - employee/employer; drugs, smoking and alcoholism, dealing with harassment; absenteeism, malingering, boycott; workplace culture and climate Theories of career development and Decision Making, Techniques for career Planning and Decision Making, Career counselling in school settings, Career counselling in non-school settings, career counselling and gender differences, Counselling students in the choice of a career, the academic structure and labour demands, guiding the young through the career paths, counselling the successful and the unsuccessful students, counselling young adults; counselling seasonal workers, counselling the skilled and the unskilled; loss of employment; redeployment.

### **CNLG 2204B: Counselling Ethics and the Legal Framework**

Nature of ethics, Professional ethics, counselling process, counselee - counsellor interactions, confidentiality, Personal relationships with clients, comparison with ethical guidelines of other such professions, adopting a code of conduct in relation to peers, students, academic staff and clients; respect for others; how work ethics affect the functioning of people involved in any professions like counselling, the need for a legal framework for practicing counsellors, legal, moral and ethical issues in professional counselling.

### **WPL 2000B/PORT 2000B: Work Placement/Portfolio**

A work placement of 300 hours will be undertaken by full-time students.

Part-time students will have to submit a portfolio.

## **YEAR 3 SEMESTER 1**

### **CNLG 3318B: Stress Disorders and Anger Management**

Stress: Eustress, identifying stress, stress symptoms, stressors; short- term and long-term stress, effects of stress on health, causes of stress: biological, socio-cultural, psychodynamic, rational, spiritual, experiential, Coping strategies, Reactions to common life stressors, Acute stress disorder and PTSD, Reactions to severe life stressors, and prevention of stress disorders. Anger and the nature of anger, expressing anger; suppressing anger; consequences of expressing and suppressing anger; anger management, the causes of anger; factors influencing anger, controlling anger; conscious and unconscious processes used to deal with anger, strategies to deal with anger: cognitive restructuring, relaxation, communication, problem solving, humour, changing environment, assertiveness.

### **CNLG 3319B: Social Care Counseling and Community Services**

The social care world, Social care qualities & skills, Social care professional issues, Skills for working with families, working with clients in care homes, Management Skills and social care staff, social care ethics & practice, professional boundaries & responsibilities, social care for the elderly, social care for addiction clients, social care practice supervision, professional practice issues, the importance of family and social support in dealing with mental illness, social & cultural aspects of mental health. Understanding community services, Aspects of community services, Role of community services in

community development, Community education, Ethics and Principles of Working with Young People and Young People's Services, Community and mental health agencies, Contemporary community issues, , ageing population and community services, Models of community work, working with Indigenous and other culturally diverse community groups; racism, Counselling in Community setting; Employment counselling; rehabilitation counselling; correctional counselling; marriage and family counselling; pastoral counselling.

### **STAT 3306B: Social Research Methods**

This module is designed for students who wish to gain an understanding of social science research potentials and limits. It is also intended for those who want to research social phenomena scientifically. Contents to be covered include: The research process, Social research problem formulation, Writing proper research questions & research objectives; Literature review techniques, Referencing strategies and systems, Obstacles to scientific Inquiry, Quantitative & qualitative research design, Unobtrusive research, Survey research, types of samples & sampling methods; Qualitative and quantitative data collection methods; Ethical consideration in research; Qualitative and quantitative data analysis, Report writing.

### **GTLY 3101B: Gerontology**

Understanding ageing process, gerontology and geriatrics, reminiscence therapy, responding to emotions, physical comforting; talking about pain, death and dying, dealing with physical changes; memory and cognition, issues in preparing for retirement; retirement and its implications, affective, cognitive, social, moral and attitudinal aspects, physical and mental health in the elderly, sensory and emotional development, inter-generational relations, health issues and institutional support; homes and convents, attitudes towards ageing and the elderly.

## **YEAR 3 SEMESTER 2**

### **PSY 3203B: Psychotherapy**

The therapeutic relationship, Group counselling and group therapy, Psychodynamics : Psychoanalysis, Analytical Therapy, Individual Psychology, Existential - Human Approaches :Existential Therapy, Gestalt Therapy, Person- Centered Counselling, Cognitive-Behaviour Approaches : Behaviour Therapy, Rational Emotive Behaviour Therapy, Cognitive Therapy, Reality Therapy/ choice Theory ,Post-Modern Approaches, Solution focused Brief Therapy, Clinical Child Psychology, Ethic Considerations; ethical and legal issues in the use of therapeutic approaches.

### **CNLG3320B: Clinical Counselling: Mood disorders, Suicide, Bereavement and Post-traumatic Counselling**

Psychosis & Neurosis, Unipolar Disorder: Normal depression, mild, moderate and major depressive disorders, symptoms of depression, Treatment for the depressed clients, Bipolar Disorders, Suicide, suicide assessment, signs and symptoms of suicide, Counselling suicidal clients, Legal and ethical implications and coping abilities. Bereavement, counselling the dying, trauma and traumatic experiences - death, dying, illness, AIDS, rape, assault, burglary, pickpocket, fire, flood, cyclone, loss of property, accidents, counselling the bereaved, public and private institutions dealing with post-traumatic counselling, issues in bereavement counselling, post-traumatic counselling and professional implications, unexpected incidents and accidents; murder; loss of organs, limbs; wheelchair patients; sudden death.

### **OPS 3205B: Project Management**

Introduction, Philosophy & Concepts; Project Lifecycle; Project Selection; Planning Fundamentals; Network Scheduling; PERT & CPM; Resource Planning & Allocation; Cost Estimating & budgeting; Scope Management; Managing Risks in Projects; Project Control, Evaluation, Reporting & Termination; Project Organisation structure & Integration; Project Quality Management; Project Communication; Teams & Leadership

### **DISS 3000: Dissertation**

A 10,000-12,000 words dissertation will have to be submitted at the end of the semester. The work submitted should conform to the School's Undergraduate Dissertation Guidelines. Topics studied by students should be relevant to the discipline and deal with contemporary issues in the field.