

Module Code	BMFR4003
Title	Leading Self
Date	28/07/2025
Level	4
Credits	20
Pre-Requisites	None
DBS Check	May be required ☐ Not required ☒

AIM(S)

- To introduce the student to leadership from a personal perspective, their decision-making processes and identify possible barriers to change.

LEARNING OUTCOMES

Upon the successful completion of this module, the student should be able to:

- critically analyse the concept of real and perceived risk and their application in the fire and rescue service;
- reflect upon personal leadership skills and potential for development, in the context of contemporary leadership theories within a practical based scenario.

INDICATIVE CONTENT

- Self concept, self efficacy, optimal arousal, self-actualisation, biomechanics, problem solving, needs assessment, adaptability.
- Theories on reflection, application of reflection to enhance learning of skills.
- Motivation, attitudes and values.
- Working independently and as part of a group, team building, involvement and effectiveness.
- Introduction to leadership theory and models.
- Review of environmental considerations.
- Demonstration of foundation skills in identified activity.
- Analysis of real and perceived risk, risk management, responsibility and accountability, safety, safety equipment, legal and ethical issues associated with risk taking, facing challenging situations/environments.
- Application of theory within a practical outdoor environment.

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	48	24%
Independent learning	152	76%
Placement learning	0	0
TOTAL	200	100%

ASSESSMENT

Assessment Component 1 (Tick one)

☐ Written exam ☐ Coursework ☒ Practical

Mode of assessment	Volume	Weighting
Academic discussion	10 minutes	50%

Assessment Component 2 (Tick one)

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Self-reflection journal	1500 words	50%

Assessment Summary

Activity type	Percentage
Written exam	0
Coursework	50%
Practical	50%
TOTAL	100%

INDICATIVE READING LIST

Module Code	BMFR4003	
Module Title	Leading Self	
Classification	Reading List entry	Electronic*
Essential	Akkaya, Bulent, ed., <i>Agile Business Leadership Methods for Industry 4.0</i> (Bingley, England: Emerald Publishing, 2020)	☒
Essential	Maxwell, John C, <i>The 5 Levels of Leadership : Proven Steps to Maximise Your Potential</i> , Tenth anniversary edition. (New York: Center Street, 2021)	☐
Further	Burnison, Gary, <i>Leadership U: Accelerating through the Crisis Curve</i> (Hoboken, New Jersey: Wiley, 2020)	☒
Further	Colomer Feliu, Jordi, <i>Reflective Learning in Higher Education</i> (Basel, Switzerland: MDPI - Multidisciplinary Digital Publishing Institute, 2020) < https://doi.org/10.3390/books978-3-03936-592-0 >	☐
Further	Farenga, Ruth, <i>Next Level Leadership : Nine Lessons from Conscious Leaders</i> (Gorleston: Rethink Press, 2022)	☐
Further	Galloway, Laura, <i>Leadership : Perspectives from Practice</i> (Los Angeles: Sage Publications, 2022)	☐
Further	International Journal of Emergency Services (Bingley: Emerald, 2012)	☒

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Further	University of Bradford. Disaster Prevention and Limitation Unit, issuing body, <i>Disaster Prevention and Management</i> . (Bradford, England: Emerald Group Pub., 1992)	☐