

**THE RELATIONSHIP BETWEEN STUDENT-CENTERED  
LEARNING APPROACH TOWARD STUDENTS  
PERFORMANCE IN SPORTS AMONG PHYSICAL AND  
HEALTH EDUCATION STUDENTS IN UNIVERSITY  
TECHNOLOGY MARA**

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**In the name of Allah the Most Merciful, the Most Compassionate.**

“Who taught with the pen, taught man what he did not know”

(Qur'an, 96:4-5)

Praise belongs to Allah SWT the Most Gracious and the Most Merciful. With His guidance and blessings, I was able to complete this academic exercise. I would like to express my heartfelt gratitude to my parents, Abdul Hadee bin Ahmad Sani and Nor Hayati bt Mohd Yusof for their supports, guidance and motivation throughout my life. Thanks are also due to my lovely husband, Mohd Tasnim Bin Sobry and all family members for all the supports and guidance given to me over the years. I am very grateful to all of you.

I also dedicate my heartfelt appreciation for my lecturer, Mr. Shahrudin Bin Mohd Mohmud for his guidance and advice to me to complete this academic exercise. I hope that this study will be one academic reference and read by the students and lecturers. This is important so the students and lecturer can learn methods of teaching and learning that can best be used. Other than that, I hope that this research can help the teachers, coach or instructors and also the students itself to improve their teaching and learning approach especially in the sports area.

Thank you very much.

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## **ABSTRACT**

The purpose of this research is to investigate about the student-centered learning approach. There are three objectives of the study. First is to assess a relationship between student-centered learning approaches toward their performance in sports. The second objective is to see a relationship between student-centered learning approaches toward their performance in sports based on gender. The third objective is to determine the differences between student-centered learning approach compared to teacher-centered learning approach. This study used quantitative methodology. In other words, this is a descriptive correlation study, which investigates the degree of the relationship between student-centered learning approach toward students' performance in sports. The questionnaire distributed to the sample of group which is 50 respondents of physical and health students at University Technology MARA. This research is suitable for nowadays because we can see that there are many research regarding methodology of teaching and learning from other researcher that intend to improve student performance either in academic or sport performance. The respondents were identified with having a strong preference for student-centered learning approach rather than teacher-centered learning approach.

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# CHAPTER 1

## INTRODUCTION

### 1.0 Introduction

Actually, there are many ways to learn, formal or informal. Either we get some knowledge by ourselves or alone as known as self-directed learning or from someone else like teachers and lecturers which is teachers-centered learning either student-centered learning. In terms of learning, there are many methods or approaches can be used. It depends on the students or teachers itself to choose the best one. The combination between both the two methods also can be used.

Many educators believe that students rather than the teacher should be at the center of the teaching and learning process. There are pro and contra between both learning approaches. Student-centered learning approach and teacher-centered learning approach have their own advantages and disadvantages. Student-centered learning can also be viewed from the perspective of an influential report from the National Research Council (1999) that synthesized research on learning and recommended organizing learning environments around four foci: knowledge-centered, learner-centered, assessment-centered, and community-centered.