



UNIVERSITI TEKNOLOGI MARA

SED403: FITNESS AND TRAINING

<b>Course Name (English)</b>	FITNESS AND TRAINING <b>APPROVED</b>
<b>Course Code</b>	SED403
<b>MQF Credit</b>	3
<b>Course Description</b>	This course will expose students the concepts training and fitness. Principles of training and physical fitness component, benefit fitness exercise to body and factors affect of fitness.
<b>Transferable Skills</b>	Student also will expose about training methodology, assessment level of fitness and also discuss issue of fitness, life style and related with health.
<b>Teaching Methodologies</b>	Lectures, Practical Classes, Tutorial, Discussion, Presentation
<b>CLO</b>	CLO1 explain the role of physical activity in human health. CLO2 describe the relationship between fitness, exercise and sport. CLO3 demonstrate proper techniques for assessing fitness level. CLO4 show an appreciation for making healthy lifestyle choices.
<b>Pre-Requisite Courses</b>	No course recommendations
<b>Topics</b>	
<b>1. 1. Health, Wellness, Fitness &amp; Healthy Lifestyles: An Introduction</b> 1.1) Self-Management and Self-Planning Skills for Health Behavior Change	
<b>2. 2. Preparing for Physical Activity</b> 2.1) The Health Benefits of Physical Activity	
<b>3. 3. How Much Physical Activity is Enough?</b> 3.1) Lifestyle Physical Activity: Being Active in Diverse Environments	
<b>4. 4. Cardiovascular Fitness</b> 4.1) Active Aerobics, Sports, and Recreational Activities	
<b>5. 5. Flexibility and Stretching Exercises</b> 5.1) Muscle Fitness and Resistance Exercises	
<b>6. 6. Body Mechanics, Posture, Questionable Exercises, and Care of Back</b> 6.1) Performance Benefits of Physical Activity	
<b>7. 7. Nutrition</b> 7.1) Managing Diet and Activity for Healthy Body Fatness	
<b>8. 8. Toward Optimal Health and Wellness</b> 8.1) n/a	

Assessment Breakdown	%
Continuous Assessment	70.00%
Final Assessment	30.00%

Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Discussion	Also attendance will be valued	20%	CLO1 , CLO2
	Fitness Test	Skill tests	20%	CLO3 , CLO4
	Quiz	Short answers needed	10%	CLO1 , CLO2
	Test	Various topics	20%	CLO1 , CLO2

Reading List	Recommended Text	<ul style="list-style-type: none"> <li>• Corbin, C. B., &amp; Lindsey, R. 1994, <i>Concepts of Physical Fitness with Labs</i>, 8th Edition Ed., WCB Brown and Benchmark Publishers.</li> <li>• William E. Prentice 2007, <i>Get Fit, Stay Fit</i>, 5th Edition Ed., McGraw Hill</li> <li>• Werner W.K &amp; Sharon A. Hoeger 2007, <i>Fitness and Wellness</i>, 7th Edition Ed., Thomson Learning Inc.</li> </ul>
Article/Paper List	This Course does not have any article/paper resources	
Other References	This Course does not have any other resources	