



## UNIVERSITI TEKNOLOGI MARA

### SED405: LIFETIME SPORTS AND RECREATION

<b>Course Name (English)</b>	LIFETIME SPORTS AND RECREATION <b>APPROVED</b>
<b>Course Code</b>	SED405
<b>MQF Credit</b>	3
<b>Course Description</b>	This course discusses on concept of organization and management of physical education and health education program. Emphasizing on ability to analyze the physical and health programs from the aspect of planning, organizing, implementation, guidance, coordination and assessment.
<b>Transferable Skills</b>	Ability to analyze the physical and health programs from the aspect of planning, organizing, implementation, guidance, coordination and assessment.
<b>Teaching Methodologies</b>	Lectures, Blended Learning, Tutorial, Discussion
<b>CLO</b>	CLO1 1. explain the role of physical activity in human health. CLO2 2. describe the relationship between fitness, exercise and sport CLO3 3. demonstrate proper techniques for assessing fitness level. CLO4 4. show an appreciation for making healthy lifestyle choices.
<b>Pre-Requisite Courses</b>	No course recommendations
<b>Topics</b>	
<b>1. Introduction to Netball</b> 1.1) n/a	
<b>2. Introduction to Soccer</b> 2.1) n/a	
<b>3. Introduction to Athletics</b> 3.1) n/a	
<b>4. Introduction to Outdoor Recreation</b> 4.1) n/a	
<b>5. Outdoor Recreation Safety</b> 5.1) n/a	
<b>6. Leadership Motivation</b> 6.1) n/a	
<b>7. Leadership Public Relation</b> 7.1) n/a	

Assessment Breakdown	%
Continuous Assessment	70.00%
Final Assessment	30.00%

Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Journal/Article Critique	n/a	30%	CLO1 , CLO2
	Quiz	2 Quizes	20%	CLO1 , CLO2
	Test	2 tests	20%	CLO1 , CLO2 , CLO3

Reading List	Recommended Text	<ul style="list-style-type: none"> <li>• George E. 2008, <i>inciples of risk management and insurance</i>, Pearson</li> <li>• Simon Priest 2005, <i>Effective leadership in adventure program</i>, 2 Ed.</li> <li>• McLean, D. J., &amp; Yoder, D. G. 2005, <i>ssues in recreation and leisure. Illinois</i>, Human Kinetics</li> <li>• Edington, C. R. 2004, <i>Leisure programming: Service centered and benefits approach</i>, Mc Graw Hill New York</li> </ul>
Article/Paper List	This Course does not have any article/paper resources	
Other References	This Course does not have any other resources	