



UNIVERSITI TEKNOLOGI MARA

SED407: INDIVIDUAL SPORT ACTIVITY

Course Name (English)	INDIVIDUAL SPORT ACTIVITY APPROVED
Course Code	SED407
MQF Credit	3
Course Description	This course focuses on the development of skills and knowledge in a variety of individual sports conducted in primary schools. Students will explore and master basic skills, rules of competition, management and control of individual sports competitions. This learning outcome can be strengthened with a variety of practical training and organization of individual sports competitions
Transferable Skills	Communication, Exercise movement
Teaching Methodologies	Lectures, Blended Learning, Demonstrations, Practical Classes, Reading Into Writing Task, Simulation Activity, Presentation, Small Group Sessions , Self-directed Learning
CLO	CLO1 Demonstrate knowledge and skill to teach a variety of individual sport activities CLO2 Discuss rules and strategies of selected individual sports CLO3 Design skill and practice procedures to improve skills and strategy in a sport CLO4 Apply the skills for various individual sport activities
Pre-Requisite Courses	No course recommendations
Topics	
1. Philosophy of sport and games 1.1) n/a	
2. Principle of individual sports 2.1) n/a	
3. Security management in an individual sport at School 3.1) n/a	
4. Sports arena 4.1) n/a	
5. Sports Table / Internal 5.1) n/a	
6. Arcade sports 6.1) n/a	

Assessment Breakdown	%
Continuous Assessment	70.00%
Final Assessment	30.00%

Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Individual Project	n/a	20%	CLO1 , CLO2 , CLO3 , CLO4
	Practical	n/a	10%	CLO2 , CLO3
	Test	n/a	20%	CLO1 , CLO2
	Written Report	n/a	20%	CLO1 , CLO2 , CLO3

Reading List	Recommended Text	<ul style="list-style-type: none"> • 1. Eskay Shazryl and Hanks, J. (1994). Sport and Stress Therapy : Athletic Rehabilitation on massage, stretching and strengthening. Eskay Inc. Oklahoma. • 2. Leonard A de Vries, 1997. Reading Sport Science Level 1 (Lem. Kejurulatihan Keb. Malaysia). • 3. Ramlay Ibrahim. 1997. Mengenal Permainan Lawn Bowls.Persatuan Lawn Bowls Malaysia
Article/Paper List	This Course does not have any article/paper resources	
Other References	This Course does not have any other resources	