



UNIVERSITI TEKNOLOGI MARA

SED551: SPORT ACTIVITY:INDIVIDUAL

Course Name (English)	SPORT ACTIVITY:INDIVIDUAL APPROVED
Course Code	SED551
MQF Credit	4
Course Description	This course will provide information and structure required to build quality individual sport units to encourage participation in regular physical activity for lifelong fitness. Course work will include sports history, rules, practise routines, strategies, sport-specific physical conditioning exercises, and selection of proper attire and equipment. A variety of instructional information will be provided during teaching and learning process. Methods and techniques for teaching individual sports will meet specific national standards for physical education and may be applied to meet state requirements.
Transferable Skills	Communication, Exercise movement, Cooperative learning
Teaching Methodologies	Lectures, Demonstrations, Practical Classes, Presentation, Small Group Sessions , Self-directed Learning
CLO	CLO1 Demonstrate knowledge and skill to teach a variety of individual sport activities CLO2 Discuss the 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. Tennis 1.1) n/a	
2. Squash 2.1) n/a	
3. Traditional games 3.1) n/a	
4. Lawn Bowl 4.1) n/a	
5. Archery 5.1) n/a	
6. Indoor games 6.1) snooker, billiard, bowling	
7. Ice skating 7.1) n/a	
8. Roller blade 8.1) n/a	
9. Wall climbing 9.1) n/a	
10. Jump street 10.1) n/a	
11. Extreme game 11.1) ATV, bungy jumping, G-Force	

12. Organizing Events

12.1) n/a

13. Post Mortem of events

13.1) n/a

Assessment Breakdown		%		
Continuous Assessment		100.00%		
Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Group Project	Organising event with the report.	30%	CLO3
	Practical	Participation in sports games.	30%	CLO4
	Presentation	Peer-teaching of individual sports.	20%	CLO1
	Test	Test	20%	CLO2
Reading List	Reference Book Resources	<ul style="list-style-type: none"> • Eskay Shazryl and Hanks, J. 1994, <i>Sport and Stress Therapy : Athletic Rehabilit</i>, Eskay Inc. Oklahoma. • Leonard A de Vries, 1997, <i>Reading Sport Science Level 1</i> , Lem. Kejurulatihan Keb. Malaysia • Ramlay Ibrahim 1997, <i>Mengenal Permainan Lawn Bowls.</i>, 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			