



UNIVERSITI TEKNOLOGI MARA

SEL355: EXERCISE TESTING AND FITNESS EVALUATION

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| Course Name (English) | EXERCISE TESTING AND FITNESS EVALUATION | APPROVED |
| Course Code | SEL355 | |
| MQF Credit | | |
| Course Description | no description provided | |
| CLO | | <i>No Course learning outcomes provided</i> |
| Pre-Requisite Courses | No course recommendations | |
| Topics | | |
| | No Topic | |

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| Reading List | Recommended Text | <ul style="list-style-type: none"> Baumgartner, T.A., Jackson, A.S., Mahar, M.T. 2003, <i>Measurement for evaluation in physical education</i>, 7 Ed., New York: McGraw-Hill |
| | Reference Book Resources | <ul style="list-style-type: none"> Miller, D.K. 2007, <i>Measurement by The Physical Educator</i>, New York: McGraw Hill. ACSM Guidelines for Exercise Testing and Prescription 2007, <i>American College of Sports Medicine: Author</i> Tristhler, K. 2000, <i>Barrow and McGees Practical Measurement and Prescription</i>, 5 Ed., Lippincot Williams and Wilkins Nieman, C.D. 2007, <i>Exercise Testing and Prescription, A Health Reference</i>, 6 Ed., New York: McGraw-Hill. |
| Article/Paper List | This Course does not have any article/paper resources | |
| Other References | This Course does not have any other resources | |