



## UNIVERSITI TEKNOLOGI MARA

### SPS106: PROFESSIONAL ACTIVITY: SWIMMING

<b>Course Name (English)</b>	PROFESSIONAL ACTIVITY: SWIMMING <b>APPROVED</b>
<b>Course Code</b>	SPS106
<b>MQF Credit</b>	2
<b>Course Description</b>	no description provided
<b>Transferable Skills</b>	None
<b>CLO</b>	CLO1 1. Clarify the principles, concepts and theories in swimming and water rescue. (C2 - PLO1) CLO2 2. Demonstrate competency in water rescue and basic swimming skills with correct technique. (P4 - PLO2) CLO3 3. Demonstrate effective social skills and responsibility during swimming activities in enhancing water safety awareness. (A3 - PLO3)
<b>Pre-Requisite Courses</b>	No course recommendations
<b>Topics</b>	
<b>1. 1. General Knowledge</b> 1.1) 1.1 History 1.2) 1.2 Type of swimming pool 1.3) 1.3 Equipment 1.4) 1.4 Water safety 1.5) 1.5 Rules swimming 1.6) 1.6 The mechanics of swimming	
<b>2. 2. Introduction to Swimming</b> 2.1) 2.1 Floating 2.2) 2.2 Water confidence	
<b>3. 3. Swimming Technique</b> 3.1) 3.1 Streaming lined body position 3.2) 3.2 Breathing technique 3.3) 3.3 Treading water 3.4) 3.4 Underwater swimming	
<b>4. 4. Swimming strokes</b> 4.1) 4.1 Breast stroke 4.2) 4.2 Front crawl 4.3) 4.3 Back crawl	
<b>5. 5. Learning to dive</b> 5.1) 5.1 Sitting dive 5.2) 5.2 Crouch dive 5.3) 5.3 Lunge dive 5.4) 5.4 Plunge dive 5.5) 5.5 Plain dive 5.6) 5.6 Straddle jump	
<b>6. 6. Water Rescue</b> 6.1) 6.1 Live saving principles 6.2) 6.2 Rescue Technique 6.3) 6.3 Live saving strokes	

<b>Assessment Breakdown</b>		<b>%</b>		
Continuous Assessment		100.00%		
<b>Details of Continuous Assessment</b>	<b>Assessment Type</b>	<b>Assessment Description</b>	<b>% of Total Mark</b>	<b>CLO</b>
	Individual Project	Swimming Project	20%	CLO3
	Portfolio/Log Book	Log Book	10%	CLO2
	Practical	Practical Test	50%	CLO2
	Test	Written Test	20%	CLO1
<b>Reading List</b>	<b>Recommended Text</b>	<ul style="list-style-type: none"> <li>• Monica L, Luis, C. Lauren. F, L 2015, <i>Assessments and Activities for Teaching Swimming</i>. Champaign, IL.; Human Kinetics. [ISBN: MONICA L, LUI]</li> </ul>		
<b>Article/Paper List</b>	This Course does not have any article/paper resources			
<b>Other References</b>	<ul style="list-style-type: none"> <li>• Book Scott. B. 2016, <i>_Steps to Success,,</i> Human Kinetics.</li> <li>• Book Mark, Y. 2014, <i>The Swimming Strokes Book: 82 Easy Exercises for Learning How To Swim the Four Basic Swimming Strokes.</i> , London: E&amp;L.</li> </ul>			