



## UNIVERSITI TEKNOLOGI MARA

### SPS120: CREATIVE MOVEMENT AND EXERCISE

<b>Course Name (English)</b>	CREATIVE MOVEMENT AND EXERCISE <b>APPROVED</b>
<b>Course Code</b>	SPS120
<b>MQF Credit</b>	3
<b>Course Description</b>	Focuses on the practical application of handling group exercise session with effective movements that generating from proper music and steps choreography that can enhance people engaging with exercise.
<b>Transferable Skills</b>	Appreciation of music with creative movement to enhance skill and communicating.
<b>Teaching Methodologies</b>	Lectures, Blended Learning, Practical Classes, Presentation
<b>CLO</b>	CLO1 Describe the basic scope of creative movement in exercise. CLO2 Design group exercise program with effective communication skills. CLO3 Practice skill of various types of group exercise in conducting fitness community program.
<b>Pre-Requisite Courses</b>	No course recommendations
<b>Topics</b>	
<b>1. The characteristic of creative movement</b> 1.1) 1.1 The definition of creative movement and its scope. 1.2) 1.2 The cognitive, affective, physical and social aspect of creative movement experiences.	
<b>2. The application of knowledge of the human body</b> 2.1) 2.1 Influence of biomechanical factors in creative movement. 2.2) 2.2 The relationship of movement with the human body, space, time, rhythm and the flow of the movement. 2.3) 2.3 Questionable exercise and safe alternative.	
<b>3. The variety of formats on aerobic dance and exercise</b> 3.1) 3.1 The principles of warm up. 3.2) 3.2 Types of stretching. 3.3) 3.3 The intensity, duration and frequency of exercise. 3.4) 3.4 The differences of high impact aerobics, low impact aerobics, step aerobics. 3.5) 3.5 Measurement of heart rate.	
<b>4. Scope of creative movement in exercise</b> 4.1) 4.1 Basic class segment. 4.2) 4.2 Creative positive atmosphere. 4.3) 4.3 Phrase and format of choreography. 4.4) 4.4 Music speed / intensity. 4.5) 4.5 Music mapping.	
<b>5. Effective communication</b> 5.1) 5.1 Element of effective cueing. 5.2) 5.2 Communication skills.	
<b>6. Type of group exercise</b> 6.1) 6.1 Pilates. 6.2) 6.2 Chiqong. 6.3) 6.3 Cardio Kick. 6.4) 6.4 Zumba. 6.5) 6.5 Hip Hop.	

Assessment Breakdown		%	
Continuous Assessment		100.00%	

  

Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Final Test	Written Test	30%	CLO1
	Group Project	Mini Event / Group Exercise	20%	CLO3
	Presentation	In-class presentation	20%	CLO1
	Presentation	Practical Presentation	30%	CLO2

  

Reading List	Recommended Text	<ul style="list-style-type: none"> <li>• Armbruster, C. K. &amp; Yoke, K. M. 2014, <i>Methods of Group Exercise Instruction</i>, Human Kinetics Champaign, IL</li> </ul>
	Reference Book Resources	<ul style="list-style-type: none"> <li>• Kaminoff, L. &amp; Matthews, A. P.M 2012, <i>Yoga Anatomy</i>, 2nd Ed., Champaign, IL: Human Kinetics.</li> <li>• Isacowitz, R. &amp; Clippinger, K 2011, <i>Pilates Anatomy</i>, Champaign, IL: Human Kinetics.</li> <li>• Haas, J. G 2010, <i>Dance Anatomy</i>, Champaign, IL: Human Kinetics</li> <li>• Hall, S.J. 2012, <i>Basics biomechanics</i>, 6th Ed., : McGraw Hill Inc New York</li> <li>• Corbin, C.B., Welk, G., Corbin, W.R. &amp; Welk, K.A 2009, <i>Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach</i> ( 8th Ed., McGraw-Hill Publishers. 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	