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About The Book

This book is a compilation of summaries that describe the programmes that have been run by the academics and students at the Faculty of Education, Universiti Teknologi MARA. The main objective of the programmes is to create a platform for the faculty members to take part in social innovation projects in the local community. More importantly, the programmes also complement the students' regular class experience as they also can learn a range of skills that can make them more active socially and entrepreneurially.

Definition of social innovation:

Social innovations are new ideas that meet social needs, create social relationships and form new collaborations. These innovations can be products, services or models addressing unmet needs more effectively.

10. Senamrobik Majlis Perasmian Program Sayangi Sawitku

Contributor

Zarizi Ab. Rahman

What

The Faculty of Education, UiTM Puncak Alam Campus has been given the responsibility to conduct an aerobic dance session in conjunction with the launching of mural "Sayangi Sawitku'. A 30-minute slot has been allocated for the aerobic dance session as a part of the programme to promote healthy lifestyle activities among the local community members.

Who

10 students from the Department of Physical and Health Education were involved in conducting the session under the supervision of a lecturer. The aerobic dance session has attracted the participation of nearly 500 students from SMK Desa Perdana, Kuala Lumpur. The Minister of Primary Industries, YB Teresa Kok, the Faculty of Education Dean, Associate Professor Dr Nabilah Abdullah, lecturers from the Faculty of Education, and teachers from schools around Bangsar also participated in the activity. The programme was organised by the Parent Teacher Association of SMK Desa Perdana, Kuala Lumpur and SMK Seri Sentosa, Kuala Lumpur.

When

The programme was held on 6 September 2019.

Where

The programme was conducted at Sekolah Menengah Kebangsaan Desa Perdana, Kuala Lumpur.

Story



This aerobic dance session was one of the events during the mural "Sayangi Sawitku" launching. This activity aims to encourage physical activity to improve and create awareness of the importance of physical activity and health among school children and the local community. The students of Physical and Health Education Department designed and conducted the session with basic steps, aerobic movements, and dance movements. The activity started with low to high intensity to ensure maximum impact.

Beneficiaries/ Stakeholders

The activity has provided a platform for the Physical and Health Education students to enhance organising skills and experience in conducting aerobic dance for school children and local community. As the instructors, they obtained the chance to practice the skill of aerobic dance. It is a part of the learning process to ensure students are equipped with multiple-skills. This programme was also a catalyst to the interest of school children and the community in efforts to stay fit through fun physical activities.

Key lessons

As future teachers and current physical education students, the ability to lead the aerobic dance is necessary. In this event, they have to design the programme to meet the ability of participants, which consist of various ages and different physical abilities. Therefore, the students need to design an aerobic dance session fit for all participants. This event is also an opportunity for students to establish networking with the school community.



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