



UNIVERSITI TEKNOLOGI MARA

SED406: MOVEMENT AND RHYTHM

<b>Course Name (English)</b>	MOVEMENT AND RHYTHM <b>APPROVED</b>
<b>Course Code</b>	SED406
<b>MQF Credit</b>	3
<b>Course Description</b>	This course introduces the anatomy of the body and it relates to human movement and performance. The subject deals with an introduction to the biological structure of human body which includes the structure of the skeleton, muscles, nerves & various organs and analysis the functions of the structural human beings.
<b>Transferable Skills</b>	Students are able to describe the major concepts and principles of introducing anatomy of the body and how it relates to human movement and performance.
<b>Teaching Methodologies</b>	Lectures, Blended Learning, Practical Classes, Discussion
<b>CLO</b>	CLO1 To describe the major concepts and principles of introducing the anatomy of the body and how it relates to human movement and performance. CLO2 To identify the various stages of human growth and development. CLO3 To discriminate the various theories, approaches and processes of learning the biological structure of human body. CLO4 To discuss the structure of the skeleton, muscles, nerves & various organs and analysis the functions of the structural human beings.
<b>Pre-Requisite Courses</b>	No course recommendations
<b>Topics</b>	
<b>1. Health, wellness, fitness and healthy lifestyle: An Introduction</b> 1.1) Self management and self planning skills for health behavior change	
<b>2. Preparing for physical activity</b> 2.1) The health benefits of physical activity	
<b>3. How much physical activity is enough?</b> 3.1) Lifestyle physical activity: Being active in diverse environments	
<b>4. Cardiovascular fitness</b> 4.1) Active aerobics, sports and recreational activities	
<b>5. Flexibility and stretching exercise</b> 5.1) muscle fitness and resistance exercises	
<b>6. Body mechanics, posture, questionable exercises and care of the back</b> 6.1) n/a	
<b>7. Nutrition</b> 7.1) Managing diet and activity for healthy body fatness	
<b>8. Practicing safe fitness</b> 8.1) n/a	

<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>
	Assignment	n/a	30%	CLO1 , CLO2 , CLO3 , CLO4
	Attendance	n/a	20%	CLO4
	Fitness Test	n/a	20%	CLO1 , CLO2 , CLO3 , CLO4
	Quiz	n/a	10%	CLO1 , CLO2 , CLO3
	Test	n/a	20%	CLO1 , CLO2 , CLO3 , CLO4

<b>Reading List</b>	This Course does not have any book resources
<b>Article/Paper List</b>	This Course does not have any article/paper resources
<b>Other References</b>	This Course does not have any other resources