



## UNIVERSITI TEKNOLOGI MARA

### SED409: HEALTH AND WELLNESS

<b>Course Name (English)</b>	HEALTH AND WELLNESS <b>APPROVED</b>
<b>Course Code</b>	SED409
<b>MQF Credit</b>	3
<b>Course Description</b>	This course will discuss on health and total wellness concepts through healthy life styles. Providing inputs in understanding the importance of self-care, healthy body, managing family and community health.
<b>Transferable Skills</b>	Identifying risk factors from unhealthy lifestyles and implication on life wellness.
<b>Teaching Methodologies</b>	Lectures, Blended Learning, Tutorial, Discussion
<b>CLO</b>	CLO1 describe the relationship between fitness, exercise and sport. CLO2 show an appreciation for making healthy lifestyle choices.
<b>Pre-Requisite Courses</b>	No course recommendations
<b>Topics</b>	
<b>1. 1. Health &amp; Wellness</b> 1.1) n/a	
<b>2. 2. Nutrition</b> 2.1) n/a	
<b>3. 3. Body Composition</b> 3.1) n/a	
<b>4. 4. Respiratory System</b> 4.1) n/a	
<b>5. 5. Stress Management</b> 5.1) n/a	
<b>6. 6. Drug</b> 6.1) n/a	
<b>7. 7. Sports Safety</b> 7.1) n/a	
<b>8. 8. Cancer</b> 8.1) n/a	

Assessment Breakdown	%
Continuous Assessment	70.00%
Final Assessment	30.00%

Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Attendance	Online discussion	20%	CLO1 , CLO2
	Journal/Article Critique	Article review	20%	CLO1 , CLO2
	Quiz	Two quizzes	10%	CLO1
	Test	Two tests	20%	CLO1 , CLO2

Reading List	Recommended Text	<ul style="list-style-type: none"> <li>• Corbin, C.B., Lindsey, R., Welk, G.I., &amp; Corbin, W.R. 2008, <i>Concepts of fitness and wellness – A comprehensive lifestyle approach</i> 4th Edition Ed., Mc Graw Hill</li> <li>• Edlin, G., Golanty, E., &amp; Brown, Mc.K. 2006, <i>Health and wellness</i>, 7th Edition Ed., Sadbury: Jones and Bartlett Publishers</li> <li>• Howley, E.T., &amp; Franks, B.D. 2007, <i>Health fitness – Instructors handbook</i>, 4th Edition Ed., Illinois: Human Kinetics.</li> </ul>
Article/Paper List	This Course does not have any article/paper resources	
Other References	This Course does not have any other resources	