



UNIVERSITI TEKNOLOGI MARA

SED413: PHYSICAL EDUCATION AND SPORT

Course Name (English)	PHYSICAL EDUCATION AND SPORT APPROVED
Course Code	SED413
MQF Credit	3
Course Description	This course focuses in physical and health education and sports. It explores the main thing about development directions on physical and health education and sports. Focusing the basic of physical activity, fitness, indoor sports and outdoor sports. Understanding the role of physical and health education in school in the contexts of lifelong education
Transferable Skills	Communication, Exercise movement
Teaching Methodologies	Lectures, Blended Learning, Problem Based Learning (PBL), Discussion, Presentation, Self-directed Learning
CLO	CLO1 Explain and demonstrate the connection of all components of health CLO2 Apply proper measurement and evaluation methods in assessing basic health assessment to children CLO3 Demonstrate creative and innovative knowledge on how to plan, implement and evaluate theoretically all the activities involved in promoting health appropriate for children in the primary schools CLO4 Discuss the issues related to health
Pre-Requisite Courses	No course recommendations
Topics	
1. Introduction to Physical and Health Education and Sports 1.1) n/a	
2. Physical Fitness Concept 2.1) n/a	
3. Physical Fitness in Children Lifestyle 3.1) n/a	
4. Physical Fitness Component 4.1) n/a	
5. Skills Term in Indoor Sports, Strategies and Rules 5.1) n/a	
6. Skills Terms in Outdoor Sports, Strategies and Rules 6.1) n/a	

Assessment Breakdown	%
Continuous Assessment	100.00%

Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Assignment	journal	10%	CLO1 , CLO2
	Discussion	online	10%	CLO1 , CLO2 , CLO3 , CLO4
	Online Quiz	quiz	10%	CLO1 , CLO2
	Online Quiz	quiz 2	10%	CLO1 , CLO4
	Presentation	group	20%	CLO1 , CLO2 , CLO4
	Presentation	group	20%	CLO1 , CLO2 , CLO3 , CLO4
	Test	Test 1	10%	CLO1 , CLO2
	Test	Test 2	10%	CLO2 , CLO3 , CLO4

Reading List	Recommended Text
	<ul style="list-style-type: none"> • <i>Corbin, C.B., Welk, G.J., Corbin, W.R. & Welk, K.A. (2008). Concepts of fitness and wellness: A comprehensive lifestyle approach (7th Eds), Mc Graw Hill.</i> • <i>Hales, D., & Zartman, C.,(2001). An Invitation to Fitness and Wellness. Wadsworth. Canada.</i> • <i>Prentice, E.W. (2007). Get Fit, Stay Fit (4th Eds). Mc Graw Hill</i> • <i>Hoeger, W.W.K. & Hoeger, S.A. (2007). Fitness and wellness (7th Eds). Mc Graw Hill.</i> • <i>Butler, J.T (2001). Principles of Health Education & Health Promotion. Wadsworth</i>
Article/Paper List	This Course does not have any article/paper resources
Other References	This Course does not have any other resources