



UNIVERSITI TEKNOLOGI MARA

SED451: LIFETIME PHYSICAL FITNESS

Course Name (English)	LIFETIME PHYSICAL FITNESS APPROVED
Course Code	SED451
MQF Credit	4
Course Description	This course is designed to introduce to students the basic concepts of fitness and theory and practice of teaching physical fitness activities. A personalized assessment is conducted of health-related fitness, skill-related fitness and wellness.
Transferable Skills	adapting skills and training
Teaching Methodologies	Lectures, Lab Work, Practical Classes, Presentation
CLO	CLO1 • explain the role of physical activity in human health. (C2) CLO2 • describe the relationship between fitness, exercise and sport. (C2) CLO3 • demonstrate proper techniques for assessing fitness level. (P6) CLO4 • show an appreciation for making healthy lifestyle choices. (A2)
Pre-Requisite Courses	No course recommendations
Topics	
1. Health, Wellness, Fitness & Healthy Lifestyles: An Introduction 1.1) Self-Management and Self-Planning Skills for Health Behavior Change	
2. Preparing for Physical Activity 2.1) The Health Benefits of Physical Activity	
3. How Much Physical Activity is Enough? 3.1) Lifestyle Physical Activity: Being Active in Diverse Environments	
4. Cardiovascular Fitness 4.1) Active Aerobics, Sports, and Recreational Activities	
5. Flexibility and Stretching Exercises 5.1) Muscle Fitness and Resistance Exercises	
6. Body Composition 6.1) BMI	
7. Nutrition 7.1) Managing Diet and Activity for Healthy Body Fatness	
8. Practicing Safe Fitness 8.1) Care and prevention	
9. Evaluating Fitness and Wellness Products 9.1) Becoming an Informed Consumer	
10. Toward Optimal Health and Wellness 10.1) Planning for Healthy Lifestyle Change	

Assessment Breakdown		%	
Continuous Assessment		100.00%	

Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Journal/Article Critique	Review of articles	20%	CLO1
	Lab Exercise	Handling major workout machines	20%	CLO1
	Test	Theories	20%	CLO2
	Test	Fitness test	40%	CLO3 , CLO4

Reading List	Recommended Text
	<ul style="list-style-type: none"> • Corbin, C, B., & Lindsey, R. 1994, <i>Concepts of Physical Fitness with Labs</i>, 0 Ed., Dubuque, IA: WCB Brown and Benchmark Publishe • Werner W.K & Sharon A. Hoeger 2007, <i>Fitness and Wellness</i>, 7 Ed., Thomson Learning Inc. • William E. Prentice 2007, <i>Get Fit, Stay Fit</i>, 5 Ed., Mc Graw Hill.

Article/Paper List	This Course does not have any article/paper resources
Other References	This Course does not have any other resources