



UNIVERSITI TEKNOLOGI MARA

SED456: LIFETIME PHYSICAL FITNESS AND WELLNESS

Course Name (English)	LIFETIME PHYSICAL FITNESS AND WELLNESS APPROVED
Course Code	SED456
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	None
Teaching Methodologies	Lectures, Practical Classes, Presentation
CLO	CLO1 Describe fitness, exercise and sport in teaching and learning of Physical and Health Education CLO2 Demonstrate proper techniques for assessing fitness CLO3 Design fitness program, exercise and sport in relation to physical education in support of lifelong learning
Pre-Requisite Courses	No course recommendations
Topics	
1. 1. Introduction to Physical Fitness and Wellness 1.1) Wellness 1.2) Physical Fitness	
2. 2. Assessment of Physical Fitness 2.1) Fitness Assessment Battery 2.2) Cardiorespiratory Endurance 2.3) Muscular Strength and Endurance 2.4) Muscular Flexibility 2.5) Body Composition	
3. 3. Exercise Prescription 3.1) Cardiorespiratory Endurance 3.2) Muscular Strength and Endurance 3.3) Flexibility 3.4) Pilates Exercise System 3.5) Preventing and Rehabilitating Low Back Pain 3.6) Contraindicated Exercise	
4. 4. Evaluating Fitness Activities 4.1) Aerobic exercise 4.2) Anaerobic exercise 4.3) High-Intensity Interval Training	
5. 5. Nutrition for Wellness 5.1) The Essential Nutrients 5.2) Nutrition Standards 5.3) Dietary Guidelines 5.4) Determining Fat Content in the Diet 5.5) Balancing the diet 5.6) Nutrient Analysis 5.7) Eating Disorder	
6. 6. Weight Management 6.1) Principles of Weight Management 6.2) Exercise and Weight Management	

7.7. Stress Management

- 7.1) The Body's Reaction to Stress
- 7.2) Adaption to Stress
- 7.3) Relaxation Technique

8.8. A Health Lifestyle Approach

- 8.1) A Wellness Lifestyle
- 8.2) Cause of Death
- 8.3) Diseases

9.9. Relevant Fitness and Wellness Issues

- 9.1) Wellness Behaviour Modification Issues
- 9.2) Safety of Exercise Participation and Injury Prevention
- 9.3) Special Considerations for Women
- 9.4) Nutrition and Weight Control
- 9.5) Exercise and Aging

Assessment Breakdown	%
Continuous Assessment	100.00%

Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Assignment	Assignments which applied to the current trend.	20%	CLO2
	Assignment	Physical fitness test (pre-test)	30%	CLO3
	Assignment	Physical fitness test (post-test)	30%	CLO3
	Presentation	Tests related fitness, exercise and sport require a student to gain knowledge to emphasize the attribute of 'knowledge' in MQF	20%	CLO1

Reading List	Recommended Text
	<ul style="list-style-type: none"> Hoeger, W. W., Hoeger, S. A., Hoeger, C. I., & Fawson, A. L. 2018, <i>Lifetime of Physical Fitness and Wellness</i>, Cengage Learning

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

Other References
<ul style="list-style-type: none"> Book Hoeger W.W.K. & Hoeger S.A. 2013, <i>Fitness and Wellness</i>, WCB Brown and Benchmark Publishers Book Werner W.K & Sharon A. Hoeger 2007, <i>Fitness and Wellness</i>, Thomson Learning Inc. Book Jeffreys, I., & Moody, J. (Eds.). 2016, <i>Strength and conditioning for sports performance</i>, Routledge