



UNIVERSITI TEKNOLOGI MARA

SED521: SPORTS ACTIVITY: INDIVIDUAL (INDOOR)

Course Name (English)	SPORTS ACTIVITY: INDIVIDUAL (INDOOR) APPROVED
Course Code	SED521
MQF Credit	3
Course Description	This course is designed to provide skills, knowledge, and interest required in selected individual sports to encourage participation in regular physical activity for lifelong fitness. Course work will include sport history, rules, practice routines, strategies, sport-specific physical conditioning exercises, and selection of proper attire and equipment. A variety of instructional information will be provided during teaching and learning process. Methods and techniques for teaching individual sports will meet specific national standards for physical education and may be applied to meet the standard curriculum.
Transferable Skills	Communication, team work
Teaching Methodologies	Lectures, Microteaching, Practical Classes, Peer Practice
CLO	CLO1 Explain various concepts and techniques in individual sports. CLO2 Displays skills and competency to teach a variety of individual sport activities CLO3 Demonstrate awareness on rules and strategies for playing individual sports successfully
Pre-Requisite Courses	No course recommendations
Topics	
1. Introduction 1.1) 1.1 History 1.2) 1.2 Definition 1.3) 1.3 Concept	
2. Traditional Games 2.1) 2.1 Sepak raga bulu ayam 2.2) 2.2 Congkak 2.3) 2.3 Guli	
3. Traditional Games 3.1) 3.1 Ceper 3.2) 3.2 Batu Seremban 3.3) 3.3 Gasing	
4. Table Tennis 4.1) 4.1 History 4.2) 4.2 Rule changes 4.3) 4.3 Equipment 4.4) 4.3.1 Ball 4.5) 4.3.2 Table 4.6) 4.3.3 Paddle/racket 4.7) 4.4 Gameplay 4.8) 4.4.1 Starting a game 4.9) 4.4.2 Service and return 4.10) 4.4.3 Let 4.11) 4.4.4 Scoring 4.12) 4.4.5 Alternation of services and ends 4.13) 4.4.6 Doubles game 4.14) 4.4.7 Expedite system	

<p>5. Table Tennis</p> <p>5.1) 5.1. Grips</p> <p>5.2) 5.1.1 Penhold</p> <p>5.3) 5.1.2 Shakehand</p> <p>5.4) 5.1.3 Seemiller</p> <p>5.5) 5.2 Types of strokes</p> <p>5.6) 5.2.1 Offensive strokes</p> <p>5.7) 5.2.2 Hit</p> <p>5.8) 5.2.3 Loop</p> <p>5.9) 5.2.4 Counter-hit</p> <p>5.10) 5.2.5 Flip</p> <p>5.11) 5.2.6 Smash</p>
<p>6. Table Tennis</p> <p>6.1) 6.1 Type of strokes</p> <p>6.2) 6.1.1 Defensive strokes</p> <p>6.3) 6.1.2 Push</p> <p>6.4) 6.1.3 Chop</p> <p>6.5) 6.1.4 Block</p> <p>6.6) 6.1.5 Lob</p> <p>6.7) 6.2 Effects of spin</p> <p>6.8) 6.2.1 Backspin</p> <p>6.9) 6.2.2 Topspin</p> <p>6.10) 6.2.3 Sidespin</p> <p>6.11) 6.2.4 Corkspin</p>
<p>7. Badminton</p> <p>7.1) 7.1 History</p> <p>7.2) 7.2 Rules</p> <p>7.3) 7.2.1. Court</p> <p>7.4) 7.2.2 Serving</p> <p>7.5) 7.2.3 Scoring</p> <p>7.6) 7.2.4 Lets</p>
<p>8. Badminton</p> <p>8.1) 8.1 Equipment</p> <p>8.2) 8.1.1 Racquets</p> <p>8.3) 8.1.2 Strings</p> <p>8.4) 8.1.3 Grip</p> <p>8.5) 8.1.4 Shuttlecock</p> <p>8.6) 8.1.5 Shoes</p> <p>8.7) 8.2 Technique</p> <p>8.8) 8.2.1 Strokes</p> <p>8.9) 8.2.2 Position of the shuttlecock and receiving player</p> <p>8.10) 8.2.3 Vertical position of the shuttlecock</p> <p>8.11) 8.3 Spin</p> <p>8.12) 8.4 Biomechanics</p> <p>8.13) 8.5 Other factors</p> <p>8.14) 8.6 Deception</p>
<p>9. Badminton</p> <p>9.1) 9.1 Strategy</p> <p>9.2) 9.1.1 Singles</p> <p>9.3) 9.1.2 Doubles</p> <p>9.4) 9.1.3 Mixed doubles</p>
<p>10. Squash</p> <p>10.1) 10.1 History</p> <p>10.2) 10.2 Rules</p> <p>10.3) 10.2.1 Wall regulations</p> <p>10.4) 10.2.2 Service</p> <p>10.5) 10.2.3 Scoring points</p> <p>10.6) 10.3 Appropriate and inappropriate actions during game-play</p>
<p>11. Squash</p> <p>11.1) 11.1 Equipment</p> <p>11.2) 11.1.2 Racquets</p> <p>11.3) 11.1.3 Squash ball</p> <p>11.4) 11.1.4 Shoes</p> <p>11.5) 11.2 Technique</p> <p>11.6) 11.2.1 Back swing</p> <p>11.7) 11.2.2 Down swing</p> <p>11.8) 11.2.3 Follow-through</p>
<p>12. Squash</p> <p>12.1) 12.1 Strategy</p> <p>12.2) 12.1.1 Court movement</p> <p>12.3) 12.1.2 Positioning</p>

13. Trends Sports

13.1) 13.1 Jump Street

13.2) 13.2 Indoor Rowing

14. Trends Sports

14.1) 14.1 Issues

Assessment Breakdown	%
Continuous Assessment	100.00%

Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Assignment	Concept and techniques of individual sports	10%	CLO1
	Portfolio/Log Book	History, concept, technique, rules and regulations, equipment, and facilities in individual sports	20%	CLO1
	Practical	Skill Test	40%	CLO3
	Presentation	Peer teaching	30%	CLO2

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