



UNIVERSITI TEKNOLOGI MARA

SED522: INDIVIDUAL SPORT: OUTDOOR

Course Name (English)	INDIVIDUAL SPORT: OUTDOOR APPROVED
Course Code	SED522
MQF Credit	3
Course Description	This course is designed to provide skills, knowledge, and interest in learning selected individual sports to encourage participation in regular physical activity for lifelong fitness. Coursework 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	Sport skills, communication, problem-solving, leadership
Teaching Methodologies	Practical Classes, Web Based Learning, Presentation, Peer Practice, Collaborative Learning
CLO	CLO1 Displays skill to teach a variety of individual sport activities. CLO2 Develop knowledge and an understanding of rules and strategies for playing selected individual sports. CLO3 Demonstrate awareness on rules and strategies for playing individual sports in variety of settings.
Pre-Requisite Courses	No course recommendations
Topics	
1. Tennis 1.1) History, equipment, rules and regulations, fundamental skills, game-play, conditioning	
2. Archery 2.1) History, equipment, rules and regulations, fundamental skills, game-play, conditioning	
3. Frisbee 3.1) History, equipment, rules and regulations, fundamental skills, game-play, conditioning	
4. Golf 4.1) History, equipment, rules and regulations, fundamental skills, game-play, conditioning	
5. Trend Sports 5.1) History, equipment, rules and regulations, fundamental skills, game-play, conditioning	
6. Introduction 6.1) Apropriate warming-up, cool down	

Assessment Breakdown		%		
Continuous Assessment		100.00%		
Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Assignment	n/a	10%	CLO2
	Portfolio/Log Book	n/a	20%	CLO3
	Practical	n/a	40%	CLO1
	Presentation	n/a	30%	CLO1
Reading List	Reference Book Resources	<ul style="list-style-type: none"> Diegan, P. 2015, <i>Coaching and Learning Sport</i>, New York Page New York USA Archery 2013, <i>Archery: The ultimate resource for recurve and compound archers</i>, Human Kinetics Champaign, USA 		
Article/Paper List	This Course does not have any article/paper resources			
Other References	This Course does not have any other resources			