



UNIVERSITI TEKNOLOGI MARA

SED610: SPORT ACTIVITY:TEAM

Course Name (English)	SPORT ACTIVITY:TEAM APPROVED
Course Code	SED610
MQF Credit	4
Course Description	This course will provide information and structure required to build quality sport units 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 team sports will meet specific national standards for physical education and may be applied to meet state requirements.
Transferable Skills	Sports skill, communication
Teaching Methodologies	Lectures, Demonstrations, Practical Classes, Discussion, Presentation, Small Group Sessions , Self-directed Learning
CLO	CLO1 demonstrate teamwork in a variety of team sport activities. CLO2 develop an understanding of rules and strategies for playing selected team sports CLO3 display skills and practices procedures in team sport
Pre-Requisite Courses	No course recommendations
Topics	
1. Football 1.1) Rules and regulations 1.2) History 1.3) Safety	
2. Football Sport 2.1) Skill 2.2) Game 2.3) Strategy	
3. Netball 3.1) Rules and regulations 3.2) History 3.3) Safety	
4. Netball Sport 4.1) Skill 4.2) Game 4.3) Strategy	
5. Volleyball 5.1) Rules 5.2) History 5.3) Safety	
6. Volleyball Game 6.1) Skill 6.2) Game 6.3) Strategy	
7. Hand ball 7.1) Rules 7.2) History 7.3) Safety	

8. Handball Game 8.1) Skill 8.2) Game 8.3) Strategy
9. Sepak Takraw 9.1) Rules 9.2) History 9.3) Safety
10. Sepak Takraw Game 10.1) Skill 10.2) Game 10.3) Strategy
11. Basketball 11.1) Theory and Practice
12. Futsal 12.1) Theory and Practices
13. Rugby 13.1) Theory and Practices
14. Hockey 14.1) Theory and Practices

Assessment Breakdown		%	
Continuous Assessment		100.00%	

Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Discussion	Reflective task, review and discussion	20%	CLO2
	Presentation	Theory Presentation	40%	CLO1
	Presentation	Practical Skills Presentation	40%	CLO3

Reading List	Recommended Text	Eskay and Hanks, J. 1994, <i>Sport and Stress Therapy: Athletic Rehabilita</i> , Eskay Inc. Oklahoma.
	Reference Book Resources	<ul style="list-style-type: none"> • Vries,A.D.L,(1997, <i>Reading Sport Science Level 1</i> , Lem. Kejurulatihan Keb. Malaysia • Wee Eng Hoe. 1996, <i>Gerak Kerja Kokurikulum</i>, Fajar Bakti Sdn. Bhd • Wee Eng Hoe 1993, <i>Bola Tampar</i> , Fajar Bakti Sdn. Bhd
Article/Paper List	This Course does not have any article/paper resources	
Other References	This Course does not have any other resources	