



UNIVERSITI TEKNOLOGI MARA

SED612: MOVEMENT EDUCATION

Course Name (English)	MOVEMENT EDUCATION APPROVED
Course Code	SED612
MQF Credit	2
Course Description	This course is designed to introduce to students the fundamental movements that are important building blocks for the individual's participation in sports and games. Then the students will apply those movements in performing educational gymnastic movement and dance which encouraging creativity and nurturing social skills. This course also provides opportunities for the development of co-ordination, grace and rhythmic sense through the use of movement, music and other stimuli.
Transferable Skills	Students are able to integrate and incorporate the importance of movement education in daily physical activity and sport.
Teaching Methodologies	Lectures, Practical Classes, Discussion, Presentation, Project-based Learning
CLO	CLO1 Discuss how movement education is an integral part of education and quality of life. CLO2 Demonstrate locomotors and non-locomotors skills in a coordinated manner incorporating movement concepts. CLO3 Design activities in relation to age group suitability and motor skills problems. (A3), PLO 7
Pre-Requisite Courses	No course recommendations
Topics	
1. Introduction to Movement Education 1.1) History and Philosophy 1.2) Movement Education Framework 1.3) Innovative Teaching Ideas for Movement Education 1.4) Activity Analysis	
2. Concepts of movements 2.1) Spatial Awareness: Space, Directions, Levels, Pathways, Planes Body Awareness: Shapes, Balance or weight bearing, Transfer of body weight, Flight 2.2) Qualities of Movement: Time, Speed, Force and Flow 2.3) Relationship with: Body Parts, Objects and People	
3. Fundamentals of Movement 3.1) Locomotor 3.2) Non-Loomotor 3.3) Manipulative Skills 3.4) Qualities of movement: Time, speed, force and flow 3.5) Relationship with: Body parts, objects and people	
4. Teaching Educational Games 4.1) N/A	
5. Teaching Educational Gymnastic 5.1) Rolls 5.2) Jumps 5.3) Balances 5.4) Transfer of weight 5.5) Vault	

6. Teaching Educational Dance

6.1) Social dance

6.2) Line Dance

6.3) Other types of dance

Assessment Breakdown	%
Continuous Assessment	100.00%

Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Group Project	Students are required to analyze the performance of a subject performed the Test of Gross Motor Skills version 2 (TGMD-2) and prepare a full report.	30%	CLO1
	Individual Project	A student is required to teach a dance or a series of creative movements (based on selected genre) to peers.	20%	CLO2
	Individual Project	Student is required to conduct a program emphasized on motor skills development activities for community (during this Movement Order Control the community refers to those are around you such as parents, siblings and friends that you are able to have a close contact and the most important is able to face to face with them).	30%	CLO3
	Test	One written test	20%	CLO1

Reading List	Recommended Text	<ul style="list-style-type: none"> • Abels, K & Bridges, J. 2010, <i>Teaching Movement Education: Foundations of active healthy lifestyle</i>, Human Kinetics • Hoeger, W.W.K. & Hoeger, S.A. 2007, <i>Fitness and wellness</i>, 7 Ed., , Mc Graw Hill. [ISBN:] • Prentice, E.W. 2007, <i>Get Fit, Stay Fit</i>, 4 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	