



UNIVERSITI TEKNOLOGI MARA

SED613: SPORTS ACTIVITY: TEAM I

Course Name (English)	SPORTS ACTIVITY: TEAM I APPROVED
Course Code	SED613
MQF Credit	3
Course Description	This course will provide skills, knowledge, and interest to teach team related sport including invasion games, net/wall games, fielding/run-scoring games and target games. 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 team sports will meet specific national standards for physical education and may be applied to meet national curriculum standards.
Transferable Skills	Sports skill, game ruling and management
Teaching Methodologies	Lectures, Demonstrations, Practical Classes, Simulation Activity, Discussion, Presentation, Collaborative Learning
CLO	CLO1 Displays practical skill to teach a variety of team sport activities CLO2 Implement rules and strategies for playing team sports successfully CLO3 Demonstrate leadership and teamwork skill in team sport activities.
Pre-Requisite Courses	No course recommendations
Topics	
1. Introduction to team sports 1.1) Rules 1.2) Team Work 1.3) Strategies	
2. Football 1 2.1) • history 2.2) • rules and regulations 2.3) • safety 2.4) • fundamental skill acquisition	
3. Football 2 3.1) drills and mini-games 3.2) • teaching methods and strategies 3.3) • game	
4. Netball 1 4.1) • history 4.2) • rules and regulations 4.3) • safety 4.4) • fundamental skill acquisition	
5. Netball 2 5.1) drills and mini-games 5.2) • teaching methods and strategies 5.3) • game	
6. Volleyball 1 6.1) • history 6.2) • rules and regulations 6.3) • safety 6.4) • fundamental skill acquisition	
7. Volleyball 2 7.1) drills and mini-games 7.2) • teaching methods and strategies 7.3) • game	
8. Handball 1 8.1) • history 8.2) • rules and regulations 8.3) • safety 8.4) • fundamental skill acquisition 8.5) •	
9. Handball 2 9.1) drills and mini-games 9.2) • teaching methods and strategies	
10. Sepak Takraw 1 10.1) • history 10.2) • rules and regulations 10.3) • safety 10.4) • fundamental skill acquisition	
11. Sepak takraw 2 11.1) drills and mini-games 11.2) • teaching methods and strategies 11.3) • game	

12. Basketball 1

- 12.1) • history
- 12.2) • rules and regulations
- 12.3) • safety
- 12.4) • fundamental skill acquisition

13. Basketball 2

- 13.1) drills and mini-games
- 13.2) • teaching methods and strategies
- 13.3) • game

Assessment Breakdown		%		
Continuous Assessment		100.00%		
Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Discussion	Discussion	20%	CLO2
	Presentation	Group Theoretical Presentation	40%	CLO1
	Presentation	Group Presentation (practical)	40%	CLO3
Reading List	Recommended Text	Gershon Tenebaum and Robert C Eklund 2007, <i>Handbook of Sports Psychology</i> , Third Edition Ed., 4, John Wiley Canada [ISBN: 978047173811]		
Article/Paper List	Recommended Article/Paper Resources	Balk, Y. A., & Englert, C. 2020, Recovery self regulation in sports. Theory and Practices, <i>International Journal of Sports Science and Coaching</i> , Volume 15 (2), 274 https://journals.sagepub.com/doi/pdf/10.1177/1747954119897528		
Other References	This Course does not have any other resources			