



UNIVERSITI TEKNOLOGI MARA

SPS147: PROFESSIONAL ACTIVITY (SWIMMING AND TRACK & FIELD)

Course Name (English)	PROFESSIONAL ACTIVITY (SWIMMING AND TRACK & FIELD) APPROVED
Course Code	SPS147
MQF Credit	3
Course Description	no description provided
Transferable Skills	Instructor, Practitioner, Life guard and Coaching activities.
Teaching Methodologies	Lectures, Practical Classes, Directed Self-learning
CLO	<p>CLO1 At the end of the course, students should be able to discuss fundamental principles, concepts and theories in swimming and track and field.</p> <p>CLO2 At the end of the course, students should be able to demonstrate competency in water rescue and basic swimming and track and field field skills with correct technique.</p> <p>CLO3 At the end of the course, students should be able to demonstrate effective social skills and responsibility.</p>
Pre-Requisite Courses	No course recommendations
Topics	
1. General Knowledge 1.1) History 1.2) Type of swimming pool 1.3) Equipment 1.4) Water safety 1.5) Rules swimming 1.6) The mechanics of swimming	
2. Swimming strokes	
3. 2. Learning to swim 3.1) Floating 3.2) Water confidence 3.3) Streaming lined body position 3.4) Breathing technique 3.5) Treading water 3.6) Underwater swimming	
4. 3. Swimming strokes 4.1) Breast stroke 4.2) Front crawl 4.3) Back crawl 4.4) Leg action 4.5) Arm action 4.6) Breathing timing	
5. 4. Learning to dive 5.1) Sitting dive 5.2) Crouch dive 5.3) Lunge dive 5.4) Plunge dive 5.5) Plain dive	

<p>6. 1.0 Introduction to track and field 6.1) 1.1 History of track and field 6.2) 1.2 general rules and regulation 6.3) 1.3 Equipment</p>
<p>7. 2.0 Fundamental of running 7.1) 2.1 Drill skills 7.2) 2.2 Sprint start 7.3) 2.3 Rules</p>
<p>8. 3.0 Fundamental of jump 1: hurdles (the technician) 8.1) 3.1 Drill skills 8.2) 3.2 5 step progression 8.3) 3.3 Rules and regulations 8.4) 3.4 Common errors and faults</p>
<p>9. 4.0 Fundamental of jumps 2 – long jump and triple jump 9.1) 4.1 Drill skills 9.2) 4.2 5 step progression in long jump 9.3) 4.2 5 step progression in triple jump 9.4) 4.3 Common errors and faults</p>
<p>10. 5.0 Fundamental of jumps 3 – high jump and pole vault 10.1) 5.1 Drill skills 10.2) 5.2 5 step progression in high jump 10.3) 5.3 5 step progression in pole vault 10.4) 5.4 Common errors and faults</p>
<p>11. 6.0 Fundamental of throws 1 –shot putt 11.1) 6.1 Safety procedures 11.2) 6.2 Drill skills 11.3) 6.3 5 step progression 11.4) 6.4 Common errors and faults</p>
<p>12. 7.0 Fundamental of throws 2 - javelin 12.1) 7.1 Drill skills 12.2) 7.2 5 step progression 12.3) 7.3 Common errors and faults</p>
<p>13. 8.0 Fundamental of throws 3 - discus and hammer 13.1) 8.1 Drill skills 13.2) 8.2 5 step progression 13.3) 8.3 Common errors and faults</p>
<p>14. 9.0 Fundamental of relays and walking 14.1) 9.1 Drill skills 14.2) 9.2 5 step progression in relays and walking 14.3) 9.3 Common errors and faults</p>

Assessment Breakdown		%		
Continuous Assessment		100.00%		

Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Assignment	Log Book	20%	CLO3
	Practical	Practical skills evaluation	60%	CLO2
	Writing Test	Writing test	20%	CLO1

Reading List	Recommended Text	<ul style="list-style-type: none"> • McLeod, I. 2010, <i>Swimming Anatomy</i>, Ed., , Human Kinetics [ISBN:] • Rogers, J.L. & USA Track and Field 2000, <i>USA Track and Field Coaching Manual</i>. Champaign, Human Kinetics.
	Reference Book Resources	<ul style="list-style-type: none"> • Michael Brooks 2011, <i>Developing Swimmers</i>, Ed., , Human Kinetics [ISBN:] • Dick Hannula 2005, <i>Coaching Swimming Successfully</i>, Ed., , Human Kinetics [ISBN:]

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