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Kampus Seremban

FACULTY OF SPORTS SCIENCE AND RECREATION

"Where sports and knowledge come together"



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“PROGRAM JALINAN PINTAR KORPORAT”

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This “Program Jalinan Pintar Korporat” was run by students from SR. Dynamix who are students in the Semester 7 of the Bachelor of Sports Science (Hons), Faculty of Sports & Recreation Science. This event was conducted on June 26, 2023, at SMK Bandar Baru Sendayan, Negeri Sembilan. The number of students that joined this event is 6 students. Their involvement was initiated through an invitation from the teacher in charge at the school which is SMK Bandar Baru Sendayan. They spent a lot of time and energy practising and perfecting their routines to provide the audience with an entertaining and engrossing show. Interestingly, 10 songs including a Malay song and an English song were played, while the students also participated in the aerobics dance. This is because it can boost student’s energy while being highly enjoyable. By taking part in this event, the students were able to demonstrate their aerobic dancing abilities while encouraging active and healthy lifestyles.

The objective of this event is to support the growth of SMK Bandar Baru Sendayan in terms of student development, teacher quality, physical development, and organizational management. The event also includes an aerobics class with students from SMK Bandar Baru Sendayan, as described above. Besides, the event helped the students from SMK Bandar Baru Sendayan to be more active, confident and be mentally or physically strong in their daily life. As for the impact, there are many benefits in aerobics - students can increase their stamina, fitness, and strength. In addition, the students would be more focused in class, and they can get flying colours in their examinations. Aerobics also can boost our mood, reduce tension associated with anxiety and promote relaxation. It can improve our sleep, mental well-being and self-esteem.

In a nutshell, the aerobic activity carried out in Program Jalinan Pintar Korporat is an event to establish a healthy lifestyle. Hence, before starting this program and other aerobics programmes, students should first try out lighter aerobics to make sure they are always energetic until the end of this program. Aerobic exercise is essential for keeping the heart, lungs, and blood vessels healthy. Therefore, all communities, especially young people are strongly encouraged to participate in aerobics activities to ensure that they remain healthy and fit.



Picture 1: The organizer



Picture 2: SMK Bandar Baru Sendayan's



Picture 3: SR Dynamix with SMK Bandar Baru Sendayan's Teachers