

PENTING / IMPORTANT:

Kandungan Pro Forma ini tidak boleh diubah tanpa kelulusan Senat bagi perkara-perkara yang telah ditandakan*. Pindaan kepada perkara lain boleh diluluskan di peringkat Akademi/Fakulti/Institut/Pusat.

*Contents of this Pro Forma shall not be changed without the Senate's approval for items indicated with *. Changes to the other items can be approved at the Academy/Faculty/Institution/Centre level.*

	Versi Bahasa Malaysia Malay Version	Versi Bahasa Inggeris English Version
Akademi/Fakulti/Institut/Pusat <i>Academy/Faculty/Institute/Centre</i>	-	-
Jabatan <i>Department</i>	Pusat Latihan <i>Intern</i> dan Pengayaan Akademik(CITrA)	<i>Centre for Internship Training and Academic enrichment (CITrA)</i>
Nama Program Akademik <i>Name of Academic Programme</i>	Pemeriksaan Holistik Pelajar (SHE)	<i>Student Holistic Empowerment (SHE)</i>
Kod Kursus* <i>Course Code*</i>	GDR0009	<i>GDR0009</i>
Tajuk Kursus* <i>Course Title*</i>	Minda Ketarasedar melalui Muzik	<i>Mindfulness through Music</i>
Kredit* <i>Credit*</i>	2	2
Masa Pembelajaran Pelajar (SLT) <i>Student Learning Time (SLT)</i>	80 Jam	<i>80 hours</i>
Prasyarat/Keperluan Minimum Kursus <i>Course Pre-requisite(s)/Minimum Requirement(s)</i>	Tidak	<i>None</i>
Hasil Pembelajaran Kursus* <i>Course Learning Outcomes*</i>	Di akhir kursus ini, pelajar dapat: (1) Menjelaskan makna dan prinsip minda ketarasedar	<i>At the end of the course, students are able to:</i> (1) Explain the meaning and principles of mindfulness (2) Practice mindfulness through musical elements.

	<p>(2) Mempraktik amalan minda ketarasedar melalui elemen muzik.</p> <p>(3) Menganjurkan sesi minda ketarasedar bagi individu ataupun kumpulan .</p>	<p>(3) Organize a mindfulness session for others, whether individuals or groups</p>
<p>Sinopsis Kandungan Kursus <i>Synopsis of Course Contents</i></p>	<p>Kursus ini bertujuan memupuk minda ketarasedar melalui penghayatan muzik. Dengan menggunakan muzik sebagai sauh tumpuan dan peransang emosi, pelajar akan dibimbing untuk mempraktikkan minda ketarasedar dengan unsur-unsur muzik, seperti rentak dan frasa muzik, artikulasi, dan harmoni. Pada akhir kursus ini, pelajar akan mempunyai pemahaman mengenai minda ketarasedar dan menggunakannya dalam kehidupan seharian mereka.</p>	<p>The course aims to promote mindfulness through music appreciation. Using music as an attention anchor and emotional stimulus, students will be guided to practice mindfulness with musical elements, such as musical pulse and phrasing, articulation, and harmony. At the end of this course, students will have an understanding of mindfulness and incorporate it into their daily life.</p>
<p>Pemberatan Penilaian* <i>Assessment Weightage*</i></p>	<p>Penilaian Berterusan: Penilaian berterusan 100%</p> <p>Peperiksaan Akhir: Tiada</p>	<p><i>Continuous Assessment:</i> 100% continuous</p> <p><i>Final Examination:</i> N/A</p>
<p>Kaedah Maklum Balas Tentang Prestasi <i>Methodologies for Feedback on Performance</i></p>	<p>Maklumbalas dalam kelas, perbincangan dengan pensyarah melalui SPeCTRUM atau e-mel, paparan gred ujian/kerja kursus</p>	<p>Feedback in class, discussion with lecturers face to face and through SPeCTRUM or email, display of test / coursework grades.</p>
<p>Kriteria Dalam Penilaian Sumatif <i>Criteria in Summative Assessment</i></p>	<p>Sila rujuk buku Kaedah-kaedah Universiti Malaya (Pengajian Ijazah Pertama) 2019 dan Peraturan-peraturan Universiti Malaya (Pengajian Ijazah Pertama) 2019</p>	<p><i>Please refer to the University of Malaya (First Degree Studies) Rules 2019 and the University of Malaya (First Degree Studies) Regulations 2019</i></p>