



**PRO FORMA KURSUS
COURSE PRO FORMA**

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 Intern 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)	Student Holistic Empowerment (SHE)
Kod Kursus* <i>Course Code*</i>	GDV0011	<i>GDV0011</i>
Tajuk Kursus* <i>Course Title*</i>	Kesihatan, Kecergasan dan Nutrisi	<i>Wellness, Fitness and Nutrition</i>
Kredit* <i>Credit*</i>	2	2
Masa Pembelajaran Pelajar (SLT) <i>Student Learning Time (SLT)</i>	80	80
Prasyarat/Keperluan Minimum Kursus <i>Course Pre-requisite(s)/Minimum Requirement(s)</i>	Tiada	<i>None</i>
Hasil Pembelajaran Kursus* <i>Course Learning Outcomes*</i>	Di akhir kursus ini, pelajar dapat: 1. Mengamalkan gaya hidup sihat melalui senaman. 2. Membina kemahiran pengurusan pemakanan untuk kesejahteraan & latihan kecergasan. 3. Mengaplikasi strategi pemakanan, kesihatan & kecergasan.	<i>At the end of the course, students are able to:</i> 1. <i>Practice a healthy lifestyle through exercise and nutrition.</i> 2. <i>Develop skills of nutrition management for wellness & fitness training.</i>

		3. Apply the strategies of nutrition, wellness & fitness in daily life.
Sinopsis Kandungan Kursus <i>Synopsis of Course Contents</i>	Kursus ini mendedahkan pelajar kepada konsep kecergasan dan komponen yang berkaitan dengan perkembangan kecergasan fizikal. Konsep seperti peningkatan kekuatan dan kelajuan, toleransi aerobik dan anaerobik. Kursus ini juga meliputi nutrisi. Pengamalan gaya hidup sihat berasaskan prinsip kesihatan, kecergasan dan nutrisi sesuai diaplikasi oleh individu biasa serta latihan atlet.	<i>This course exposes students to the concept of fitness and its components relative to the building of physical fitness. Concepts such as strength and speed increment, aerobic and anaerobic tolerance. Nutrition is also covered in this course .Healthy lifestyle practices based on the principles of health, fitness and nutrition are suitable for application by ordinary individuals as well as the training of athletes.</i>
Pemberatan Penilaian* <i>Assessment Weightage*</i>	Penilaian Berterusan: 100%	<i>Continuous Assessment: 100%</i>
Kaedah Maklum Balas Tentang Prestasi <i>Methodologies for Feedback on Performance</i>	Markah penilaian berterusan akan dipaparkan di papan notis pelajar dan dalam platform pengajaran dan pembelajaran atas talian.	<i>Marks for continuous assessment will be displayed on student notice board and in the online teaching and learning platform.</i>
Kriteria Dalam Penilaian Sumatif <i>Criteria in Summative Assessment</i>	Sila rujuk buku Kaedah-kaedah Universiti Malaya (Pengajian Ijazah Pertama) 2019 dan Peraturan-peraturan Universiti Malaya (Pengajian Ijazah Pertama) 2019	<i>Please refer to the University of Malaya (First Degree Studies) Rules 2019 and the University of Malaya (First Degree Studies) Regulations 2019</i>