

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>	GDV0012	GDV0012
Tajuk Kursus* <i>Course Title*</i>	Senaman dan Kehidupan Aktif	Exercise and Active Living
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. Mengenali komponen asas yang terkandung dalam sains ekseais. 2. Mengaitkan kepentingan disiplin-disiplin sains ekseais kepada kesihatan, kecergasan dan prestasi fizikal. 3. Mengendali sesi senaman asas dalam berkumpulan	<i>At the end of the course, students are able to:</i> 1. <i>Recognize the core components in exercise science.</i> 2. <i>Relate the importance of various areas in exercise science to health, fitness and physical performance.</i> 3. <i>Conduct basic exercise skills in group</i>

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Sinopsis Kandungan Kursus <i>Synopsis of Course Contents</i>	Kursus ini memberikan kefahaman asas disiplin-disiplin yang terkandung dalam Sains Eksesais. Pelajar akan didedahkan kepada pelbagai jenis aktiviti dan senaman yang boleh meningkatkan kesihatan, kecergasan dan prestasi fizikal.	<i>This course provides the basic understanding of various scientific disciplines of Exercise Science. Students will be exposed to the different exercises and activities that could improve health, fitness and physical performance</i>
Pemberatan Penilaian* <i>Assessment Weightage*</i>	Penilaian Berterusan: 100% Peperiksaan Akhir: -	<i>Continuous Assessment: 100% Final Examination: -</i>
Kaedah Maklum Balas Tentang Prestasi <i>Methodologies for Feedback on Performance</i>	Markah penilaian berterusan akan dipaparkan di papan notis pelajar dan di dalam Spektrum	<i>Marks for continous assessment will be displayed on student notice board and in the Spektrum.</i>
Kriteria Dalam Penilaian Sumatif <i>Criteria in Summative Assessment</i>	Sila rujuk Kaedah-kaedah Universiti Malaya (Ijazah Sarjana Muda) 2019 dan Peraturan-peraturan Universiti Malaya (Ijazah Sarjana Muda) 2019	<i>Refer to the University of Malaya (Bachelor's Degree) Regulations 2019 and University of Malaya (Bachelor's Degree) Rules 2019</i>