



COURSEWORK PROGRAMME HANDBOOK 2026/2027

MASTER OF STRENGTH AND CONDITIONING (MSC)



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MASTER OF STRENGTH AND CONDITIONING (MSC)

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Greetings



Building on the legacy of the former Sports Centre, the Universiti Malaya Faculty of Sports & Exercise Science (FSSE) delivers a comprehensive suite of academic programmes, including undergraduate degrees in Exercise Science and Sports Management, as well as the postgraduate qualifications. Anchored by our motto, *Cergas Cetus Cerdas*, our dynamic curriculum cultivates intellectual curiosity while equipping students with globally relevant expertise across the interconnected fields of sports, recreation, wellbeing, and fitness.

Your FSSE experience is defined by our distinguished faculty, a diverse blend of local and international academics. Each staff member brings a unique combination of specialised skills and research interests, ensuring that knowledge transfer extends well beyond traditional lectures. Through a rich mix of interactive seminars, practical laboratory sessions, and immersive research projects, we bridge the gap between theory and real-world application. In fact, our impact reaches far beyond the classroom.

Faculty members actively contribute to university governance, publish influential research, provide expert advisory services, and lead community outreach initiatives that advance the sporting landscape at every level. This commitment to holistic excellence is supported by our advanced Sports Science Stadium (UM Arena), which features five dedicated research laboratories, multipurpose halls, and an IAAF Class 2 certified running track. Furthermore, our 4S Sports Science Support Services offers professional clinical care, giving students invaluable practical exposure while serving the wider community.

To our beloved students, we encourage you to fully immerse yourselves in everything FSSE has to offer. Seize every opportunity to learn, innovate, and grow, both personally and academically, and carry forward the proud name of Universiti Malaya. Remember that you, alongside our distinguished alumni, are the enduring pride of this University.

Home of the Bright, Land of the Brave

Di Sini Bermulanya Pintar, Tanah Tumpahnya Berani

Thank you.

ASSOC. PROFESSOR DR. ZULKARNAIN JAAFAR
Dean

UNIVERSITI MALAYA

VISION

A global university impacting the world.

MISSION

Pushing the boundaries of knowledge and nurturing aspiring leaders.

QUALITY POLICY

Universiti Malaya is committed to conduct teaching and learning, carry out research and provide quality services on a global level, generate and enhance knowledge through continuous improvement efforts for the benefit of all stakeholders, especially Universiti Malaya's students.

CORE VALUES

Passion
Oneness
Integrity
Sincerity
Empathy

EDUCATIONAL GOALS

Graduates of the Universiti Malaya will be able to:

- Demonstrate knowledge and skills in their field of study, appropriate research and professional practices, and the processes of critical thinking, creative thinking, and problem solving.
- Use effective methods including contemporary technology to manage information, to achieve diverse professional goals aligned with professional standards and make decisions based on appropriate data and information.
- Engage in continuous self-improvement and professional growth, support the professional development of others, and display positive leadership and professional behaviours and disposition for effective practice.
- Communicate effectively with other professionals, and the community, and project a coherent vision of social responsibilities.
- Appreciate and continue to be guided by the University's core values of integrity, respect, academic freedom, open-mindedness, accountability, professionalism, meritocracy, teamwork, creativity and social responsibility.

FACULTY OF SPORTS & EXERCISE SCIENCE (FSSE)

VISION

To become an internationally renowned centre in teaching, learning and research in sports science as well as sports services and development.

MISSION

To lead development in sports science through teaching, learning and research and also provide quality services and encourage sports participation among the campus community in promoting a healthy lifestyle.

ACADEMIC CALENDAR FOR 2026/2027 SESSION

ACADEMIC CALENDAR 2026/2027 ACADEMIC SESSION (MASTER AND DOCTORATE LEVEL) AMENDMENT					
SEMESTER I					
Orientation (Week of Welcome) - WOW	1	week	26.09.2026	-	04.10.2026
Lectures	8	weeks*	05.10.2026	-	29.11.2026
Mid Semester I Break	1	week	30.11.2026	-	06.12.2026
Lectures	6	weeks*	07.12.2026	-	17.01.2027
Revision Week	1	week*	18.01.2027	-	24.01.2027
Semester I Final Examination	2	weeks*	25.01.2027	-	04.02.2027
Semester I Break	3	weeks*	05.02.2027	-	28.02.2027
	22	weeks			
SEMESTER II					
Lectures	7	weeks*	01.03.2027	-	18.04.2027
Mid Semester II Break	1	week	19.04.2027	-	25.04.2027
Lectures	7	weeks*	26.04.2027	-	13.06.2027
UM iFest 2027	1	week	08.06.2027	-	11.06.2027
<i>(No teaching and learning (T&L) activities shall be conducted during this period. Participation is mandatory for all final-year students / students undertaking the Final Year Project (FYP).)</i>					
Revision Week	1	week	14.06.2027	-	20.06.2027
Semester II Final Examination	2	weeks	21.06.2027	-	04.07.2027
Semester II Break	3	weeks	05.07.2027	-	25.07.2027
	21	weeks			
SPECIAL SEMESTER					
Lectures	7	weeks*	19.07.2027	-	05.09.2027
Special Semester Final Examination	1	week	06.09.2027	-	12.09.2027
Special Semester Break	1	week*	13.09.2027	-	19.09.2027
	9	weeks			

Notes:

(1) The Module Registration and Examination Schedule can be referred to at <https://umsitsguide.um.edu.my>. All information is subject to change.

(*) The Academic Calendar has taken into account public and festive holidays and is subject to change:

Deepavali	08 November 2026 (Sunday)	*Hybrid Class on 6 November 2026 (Friday)
Christmas Day	25 December 2026 (Friday)	*Hybrid Class on 24 December 2026 (Thursday)
New Year	01 January 2027 (Friday)	
Thaipusam	22 January 2027 (Friday)	
Federal Territory Day	01 February 2027 (Monday)	
Chinese New Year	06 & 07 February 2027 (Saturday & Sunday)	
Nuzul Al-Quran	24 February 2027 (Wednesday)	
Eidul Fitri	10 & 11 March 2027 (Wednesday & Thursday)	*Hybrid Class on 1 - 12 March 2027 (Monday - Friday)
Labour Day	01 May 2027 (Saturday)	
Eidul Adha	17 May 2027 (Monday)	
Wesak Day	20 May 2027 (Thursday)	
Kaamatan Festival	30 May 2027 (Sunday)	*Hybrid Class on 31 May 2027 (Monday)
Gawai Day	01 June 2027 (Tuesday)	*Hybrid Class on 31 May 2027 (Monday)
Awal Muharram	06 June 2027 (Sunday)	
His Majesty the King's Birthday	07 June 2027 (Monday)	
Prophet Muhammad's (Maulidur Rasul)	15 August 2027 (Sunday)	
National Day	31 August 2027 (Tuesday)	
Malaysia Day	16 September 2027 (Thursday)	

(#) Academia Day
International Week
UM iFest 2027
05 October 2026 (Monday)
19 – 23 October 2026 (Monday - Friday)
08 – 11 June 2027 (Tuesday - Friday)
(No teaching and learning (T&L) activities shall be conducted during this period. Participation is mandatory for all final-year students / students undertaking the Final Year Project (FYP).)

*Senate July 22, 2026

INTRODUCTION

FACULTY OF SPORTS & EXERCISE SCIENCE

The Faculty of Sports & Exercise Science, FSSE (formerly known as Sports Centre) was established in 1986. It was the first tertiary institution in Malaysia to offer the Bachelor of Sports Science degree programme in 1995.

In Malaysia, sports is developing rapidly leading the Ministry of Youth and Sports to declare 2011 as Sports Industry Year. Sports in Malaysia is heading towards a new era whereby sports can be a source of public income for the nation. Thus local sports should be managed in a professional, scientific, and systematic manner. Sports science is a field of study that examines various aspects of the application of science in sports. Practitioners and professional sports scientists must possess knowledge in various disciplines related to sports science and are able to apply the theoretical and practical components effectively. This can only be achieved through formal education at college or university. Being the pioneer institution in Malaysia to offer the Bachelor of Sports Science back in 1995, the Universiti Malaya has produced more than 1,000 graduates from this programme since 1999. They have been and are taking their roles as leaders in this field, managing sports in both public and private sectors.



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***Furthur information on the research expertise of academic staff is aviable on
UMEXPERT website : <http://umexpert.um.edu.my/>***

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GENERAL INFORMATION

Rules & Regulations

The rules and regulations governing all the academic programme offered are being constantly updated from time to time. Students are advised to refer to the **Universiti Malaya Rules & Regulations 2024 in the University website under the Student Portal (MyUM)** for details and latest updates pertaining to their programme of study.

Master of Strength and Conditioning: Universiti Malaya Rules & Regulations (Master's Degree) 2024

Authority of the Universiti Malaya Senate

The Senate has the authority to make, repeal or amend any regulations governing the Degree programme of study as provided under these Regulations. Any new regulations, repeal or amendment to the said regulations shall be announced to the candidate before the commencement of the candidate's academic session.

Compliance to the Universities and University Colleges Act 1971, the Constitution of Universiti Malaya, Statutes, Rules and Regulations of the University

Every candidate is subject to the Universities and University Colleges Act 1971, the Constitution of the Universiti Malaya, other statute, rules and regulations currently applicable in the University including the Universiti Malaya (Discipline of Students) Rules 1999.

Termination from Programme of Study

- 1) For Medical Reasons/ Psychological Treatment/ Psychiatric Treatment/ Chronic Illness
Candidates who have been approved to withdraw from a semester on medical reasons/psychological treatment/psychiatric treatment/chronic illness for four (4) consecutive normal semesters may be terminated from their programme of study in the following semester upon the verification of a Registered Counselor, Registered Medical Practitioner/Clinical Specialist Psychologist/Registered Psychiatrist of Universiti Malaya Clinic/government hospital/teaching hospital/Universiti Malaya Medical Centre/Private Medical Center after the candidate's case is reviewed by any different specialist or Registered Medical Practitioner in the following semester.
- 2) On Personal Reasons
Candidates who have reached the number of semesters off for personal reasons after the expiration of two (2) approved Normal Semesters consecutively or otherwise and fail to register in the following semester may be terminated from their study program.
- 3) Notwithstanding anything stated in Rule 9, in certain circumstances the relevant Deputy Vice-Chancellor may decide otherwise.

Withdrawal from a Course

The following provisions shall apply to withdrawal from any course:

- 1) A withdrawal from any course means withdrawal from one (1) or more courses in any semester.
- 2) A candidate is not allowed to withdraw from a course after the verification of registration is made.
- 3) Notwithstanding anything stated in Regulation 9, in certain circumstances, the Deputy Vice Chancellor concerned may make a decision otherwise

Withdrawal from a Semester

“Withdrawal from a semester” means withdrawal from all registered courses and all teaching and learning activities as well as research activities for the semester concerned. The candidate is only allowed to withdraw from a semester after he has undergone at least one (1) semester of his programme of study except for medical reasons.

Category	Normal Semester	Special Semester	Fees	Duration of Study	Grade
Personal Reason*	Week 1-2	Week 2	No	Included	No Grade
	Week 3-7	-	Yes	Included	Grade W1
Mobility Programme*	Week 1-4	Week 1-7	No	Not Included	#Record deleted
Medical Reason*	Week 1-7	Week 1-2	No	Not Included	#Record deleted
	Week 8-14	Week 3-7	Yes	Not Included	Grade W1

Note: * Candidate who withdraws from a semester will be charged a minimum payment to retain the candidature.

All applications for withdrawal from a semester shall be made to the Dean of the Faculty via MAYA system for consideration and approval.

Withdrawal from the Programme Study

- 1) Withdrawal from the study programme means withdrawal from the programme that is currently being undertaken by the candidate.
- 2) Application for withdrawal from the programme shall be made to the Dean of the Faculty via the Deputy Dean following the prescribed procedures from time to time.
- 3) A candidate, who has been approved to withdraw from his study programme after the second lecture week shall:
 - a) pay the prescribed fees and other payments as stated in Part IV in this regulation, and
 - b) be recorded Grade W2 for any courses registered in the semester where the candidate withdraws from the programme.
- 4) Any decision with respect to withdrawal from a Degree programme shall be final.
- 5) An application for withdrawal from an approved study programme cannot be withdrawn by the candidate.

Examination

The assessment of examinations shall be based on the following grading scheme:

Marks	Grade	Grade Points	Meaning
90-100	A+	4.0	High Distinction
80-89	A	4.0	
75-79	A-	3.7	
70-74	B+	3.3	Pass
65-69	B	3.0	
60-64	B-	2.7	Fail
55-59	C+	2.3	
50-54	C	2.0	
45-49	C-	1.7	
40-44	D+	1.5	
35-39	D	1.0	
0-34	F	0.0	

The passing grade for all courses is grade B.

IMPORTANT WEBSITES

1. Maya portal

Maya portal is a Universiti Malaya academic portal. This portal replaced the current student portal maya-cloud. <https://maya.um.edu.my/>

2. FSSE Website

You may find more information/guidelines/policies via our website sports.um.edu.my

3. Online course registration

Students can register for courses on the Maya online system . Carefully plan the courses you take each semester to avoid clashes in your timetable. <https://maya-cloud.um.edu.my/>

4. SISWA Mail

This is the official email system provided to all students of the Universiti Malaya. <http://siswa.um.edu.my/>

5. UM e-Learning

This is the official e-learning platform. You can sign in using your SISWA Mail username and password. After signing in, you would be able to see all the courses that you have registered for that semester. Students are requested to make use of the e-learning website for downloading study material and other information on important dates, announcements, instruction and guidelines updated by the respective course lecturers. <http://spectrum.um.edu.my/>

6. Student e-payment

The FPX (Financial Process Exchange) is a payment channel that allows you to make payments online through your current or savings account. All you need is an Internet banking account with any of the FPX participating banks. It is simple, convenient and secure.

<http://epayment.um.edu.my/>

7. International Student Centre (ISC) is a one-stop centre that serves and supports the needs of international students. The centre helps international students fit into the campus society and surrounding. <https://um.edu.my/isc-guide-for-new-international-students>

8. UM Library <https://perpustakaan.um.edu.my/>

9. UM ICT service for Online services <https://hr.um.edu.my/>

10. UM Alumni Portal <http://umalumni.um.edu.my/>

11. Counselling And Guidance

Counselling provides learning opportunities for students in decision making, improving personal skills, confidence building, overcoming obstacles to the best of their abilities and in attaining awareness towards personal needs and growth, and the needs of others.

Please call +603 79673244 or visit the Psychology Management & Counseling Unit, Level 1, Block D, Perdanasiswa Complex, personally to make an appointment.

Portal: <https://www.um.edu.my/counselling>

PROGRAMME GOAL

The Master of Strength and Conditioning is an advanced programme tailored to produce highly skilled exercise practitioners including those who are capable in using the latest technology, involved in self and professional development, effective communicators and always internalising the Universiti Malaya's core values which are set on solid foundation that is trusted by combining theoretical knowledge with practical applications.

PROGRAMME EDUCATIONAL OBJECTIVES (PEO)

PEO 1	Graduates who are knowledgeable and skillful in various disciplines of sport sciences.
PEO 2	Graduates who are able to design fitness programme to address issues related to sport and exercise.
PEO 3	Graduates who practice high ethical values in career to benefit the community.

PROGRAMME LEARNING OUTCOMES (PLO)

PLO1	Demonstrate in-depth knowledge of issues related to Strength and Conditioning
PLO2	Apply skills to solve issues related to Strength and Conditioning
PLO3	Design a fitness program to solve social issues
PLO4	Use the latest technology and data analysis to carry out assignments and research related to strength and conditioning.
PLO5	Pratise the values of ethics and professionalism in career
PLO6	Demonstrate leadership qualities through effective communication and collaboration among Strength and Conditioning practitioners and stakeholders.
PLO7	Solve issues related to Strength and Conditioning using scientific knowledge, practical skills and entrepreneurship.
PLO8	Integrate information for lifelong learning.

LANGUAGE REQUIREMENTS

All students must be sufficiently competent in English. International students must possess at least a band 6.0 for IELTS or a score of 550 for paper-based total, a score of 213 for computer-based total or a score of 80 for internet-based total for TOEFL if they obtained their Bachelor's degree from a university in which the medium of instruction is a language other than English, or

Pass an English proficiency test approved by the University. UM offers a course leading to proficiency in Bahasa Malaysia which international students are required to attend before the degree is conferred.

CANDIDATURE REQUIREMENT

Candidates are required to fulfil the University's Bahasa Malaysia language requirement by passing the GLT7002/GLT7000 course before completing their studies.

STRUCTURE, DURATION AND METHOD OF DELIVERY

This is a full-time study programme of **42** credit hours in which students must register and pass all courses with a minimum grade of B. The structure of the programme is as follows:



- (i) Minimum period = 2 semesters, 1 special semester
- (ii) Maximum period = 8 semesters.

Method of delivery is through a combination of teaching approaches such as: lecture sessions which are face to face (F2F); integrated learning (e.g. tutorial and group discussion, forum, seminar, and research project), student-centred learning (e.g. field work, written assignments, presentation) and practical.

METHOD OF ASSESSMENT AND WEIGHTAGE

Student progress is evaluated through various methods, including academic exercise/project papers that comprise written assignments, projects, seminar, theoretical analysis. The weightage of assessment for all courses under the Master of Strength and Conditioning is as follows:

1. Research Project: Continuous Assessment – 100%
2. Strength and Conditioning Practicum: Continuous Assessment – 100%
3. All other courses: Continuous Assessment – 60% and Final Exam 40%

CAREER PROSPECTS

Graduates of this programme can work as fitness trainers, physical education teachers, coaches and sports researchers in various organizations including: National Sports Council, State Sports Councils, Ministry of Youth and Sports, State Youth and Sports Departments, golf clubs, fitness clubs/studios, sports associations and sports equipment companies

SEMESTER PLAN 2026/2027 INTAKE

SEM	COURSE CODE	COURSE	CREDIT	NOTE
1 2026/2027	VQX7004	RESEARCH METHODOLOGY AND DATA ANALYSIS	3	Faculty Core Course
	VQC7010	PROFESSIONAL PRACTICE IN STRENGTH AND CONDITIONING	3	
	VQC7013	PHYSICAL ASSESSMENT FOR FITNESS	3	
	VQC7014	ADVANCED STRENGTH AND CONDITIONING	3	
	VQC7015	PHYSIOLOGICAL FUNCTION AND NUTRITION IN STRENGTH AND CONDITIONING	3	
	VQC7017	MUSCULOSKELETAL INJURIES PREVENTION AND REHABILITATION	3	
	Total		18	
	Accumulated Total Credits		18/42	
2 2026/2027	VQC7004	ADVANCED BIOMECHANICS	3	
	VQC7011	STRENGTH AND CONDITIONING PRACTICUM	3	
	VQC7016	INTERPRETING FITNESS DATA AND TRAINING PROGRAMME DESIGN	3	
	VQC7018	STRENGTH AND CONDITIONING FOR SPECIAL POPULATION	3	
	VQC7019	RESEARCH PROJECT	3	
	VQX7003	SKILL ACQUISITION AND EXPERTISE IN SPORTS	3	Elective course; choose two
	VQX7007	SPORT ENTREPRENEURSHIP	3	
	VQX7008	DEVELOPMENT OF HIGH-PERFORMANCE ATHLETE	3	
	Total		21	
	Accumulated Total Credits		39/42	
3 2026/2027	VQC7019	RESEARCH PROJECT	3	
	Total		3	
	Accumulated Total Credits		42/42	
TOTAL CREDIT FOR GRADUATION			42	

CURRICULUM STRUCTURE FOR 2026/2027 INTAKE

COURSE	BIL	COURSE CODE	COURSE	CREDIT
FACULTY CORE	1	VQX7004	RESEARCH METHODOLOGY AND DATA ANALYSIS	3
PROGRAMME CORE COURSES	1	VQC7004	ADVANCED BIOMECHANICS	3
	2	VQC7010	PROFESSIONAL PRACTICE IN STRENGTH AND CONDITIONING	3
	3	VQC7011	STRENGTH AND CONDITIONING PRACTICUM	3
	4	VQC7013	PHYSICAL ASSESSMENT FOR FITNESS	3
	5	VQC7014	ADVANCED STRENGTH AND CONDITIONING	3
	6	VQC7015	PHYSIOLOGICAL FUNCTION AND NUTRITION IN STRENGTH AND CONDITIONING	3
	7	VQC7016	INTERPRETING FITNESS DATA AND TRAINING PROGRAMME DESIGN	3
	8	VQC7017	MUSCULOSKELETAL INJURIES PREVENTION AND REHABILITATION	3
	9	VQC7018	STRENGTH AND CONDITIONING FOR SPECIAL POPULATION	3
	10	VQC7019	RESEARCH PROJECT	6
ELECTIVE COURSES (choose only 2)	1	VQX7003	SKILL ACQUISITION AND EXPERTISE IN SPORTS	3
	2	VQX7007	SPORT ENTREPRENEURSHIP	3
	3	VQX7008	DEVELOPMENT OF HIGH-PERFORMANCE ATHLETE	3

COURSE INFORMATION

Course Code	VQX7004
Course Title	RESEARCH METHODOLOGY AND DATA ANALYSIS
Credit	3
Course Learning Outcomes	At the end of the course, students are able to: 1. Using appropriate methods to retrieve literature and data. 2. Review of literature and analysis of fitness tests. 3. Critical analysis of literature and fitness data.
Synopsis	This course covers advanced knowledge in retrieving literature and fitness data. Focus on various databases and research tools will be emphasized. Latest computer-based monitoring and evaluation techniques will also be covered. Students will develop the ability to critically evaluate literature and synthesis findings. In addition, students will also be able to evaluate fitness data.
Main References	1) Ann L Gibson, Wagner Dale R and Vivian Heyward (2023) Advanced Fitness Assessment and Exercise Prescription, 9th ed, Kindle 2) Gregory G Haff and Travis N Triplett. (2021). Essentials of Strength Training and Condition, 4th ed, NSCA-National Strength & conditioning Association 3) Mark Smith (2021). Doing Research in Sport and Exercise: A Student's Guide. 1st ed, Kindle
Assessment Weightage	Continuous Assessment: 60% Final Examination: 40%

Course Code	VQC7004
Course Title	ADVANCED BIOMECHANICS
Credit	3
Course Learning Outcomes	At the end of the course, students are able to: 1. Classify the different types of motion, segments involved and the forces behind different exercises 2. Display the different biomechanical techniques used to quantify human movement and interpret the motion data accurately. 3. Demonstrate the skills necessary to perform a biomechanical analysis of human movement.
Synopsis	This course aims to develop an understanding of advanced biomechanics topics and methods with a focus on gait and postural control. Using interfaced force plates, IR cameras and 3D movement analysis systems - experience is gained in the collection and analysis of external and internal forces, angular and linear kinematics, and muscle activation. While, impulse momentum relationships are studied using high-impact activities such as running, jumping and lifting. The course involves practical sessions which will be conducted in the laboratory or gymnasium.
Main References	1) Knudson, D. (2021). <i>Fundamentals of Biomechanics (3rd Ed)</i> . New York Springer 2) Robertson, G., Caldwell, G., Hamill, J., Kamen, G. & Whittlesey, S. (2014) <i>Research Methods in Biomechanics (2nd Ed)</i> . Champaign, IL: Human Kinetics. 3) Whittle, M. Gait Analysis: An Introduction (2012). Elsevier
Assessment Weightage	Continuous Assessment: 60% Final Examination: 40%

Course Code	VQC7010
Course Title	PROFESSIONAL PRACTICE IN STRENGTH AND CONDITIONING
Credit	3
Course Learning Outcomes	At the end of the course, students are able to: 1. Relate the effective leadership principles and characteristic, and communication in strength and conditioning 2. Explain the psychological aspects in strength and condition training 3. Acquire experiential learning in conducting psychological skill training session in strength and conditioning 4. Evaluate the ethical values in strength and conditioning training
Synopsis	This course will focus on important characteristics of a strength and conditioning specialist. This includes various psychological themes, communication and motivation skills. Ethical and professional practice will also be discussed. In addition, other issues concerning a strength and conditioning coach will also be address in this course.
Main References	1) Barker, A. (2022). Improve your communication skills. How to Build Trust, Be Heard and Communicate with Confidence. Kagan Page. 2) Mccarthy P., Burns, L., McCann, B., & Gupta, S. (2024). Training and Supervision in Sport and Exercise Psychology (1st ed.). Routledge. https://doi.org/10.4324/9781003367208 3) Cremaded, J.G., & Tashman, L.S. (Eds). (2016). Global Practices and Training in Applied Sport, Exercise, and Performance Psychology: A Case Study Approach. Psychology Press.
Assessment Weightage	Continuous Assessment: 60% Final Examination: 40%

Course Code	VQC7011
Course Title	STRENGTH AND CONDITIONING PRACTICUM
Credit	3
Course Learning Outcomes	At the end of the course, students are able to: 1. Apply information and knowledge learnt and design a comprehensive training program to clients seeking strength and conditioning services. 2. Adopt learning experience through practicum with a strength and conditioning service provider. 3. Organise a strength and conditioning event for the public.
Synopsis	This course is designed to help students gain real-life practical experience by working with a strength and conditioning service provider. Students are encouraged to apply their knowledge and practical skills gained during their studies into their practicum. Client assessment, testing, designing a training program, evaluation and reporting will be among the emphasis. An awareness event for the public on physical conditioning will also be a highlight for this course. This will be a fully practical course which will be conducted in the laboratory, gymnasium, multipurpose hall or field.
Main References	1) Baechle T.R. and Earle R.W. (2016). <i>Essentials of Strength Training and Conditioning</i> . 4 th Ed Human Kinetics, IL. 2) Ratamess N. (2012). <i>ACSM's Foundations of Strength and Conditioning</i> . American College of Sports Medicine. Lippincott Williams & Wilkins. Indianapolis, IN. 3) American College of Sports Medicine (2017). <i>ACSM's Guidelines for Exercise Testing and Prescription</i> . 10 th Ed. Wolters Kluwer New York.
Assessment Weightage	Continuous Assessment: 100%

Course Code	VQC7013
Course Title	PHYSICAL ASSESSMENT FOR FITNESS
Credit	3
Course Learning Outcomes	At the end of the course, students are able to: 1. Evaluate assessment quality, including test validity and reliability 2. Identify appropriate test batteries according to physical needs 3. Conduct test protocols properly and safely with correct technical skills
Synopsis	This course is designed to help students gain high levels of technical skill in physical assessment to produce accurate measurements. Principles that govern physical assessment will be broadly discussed and critically evaluated. In addition students will reflect on aspects of ethics and professional practice. The course involves practical sessions which will be conducted in the laboratory or gymnasium.
Main Reference	1) Baechle T.R. and Earle R.W. (2016). <i>Essentials of Strength Training and Conditioning</i>. 4th Ed Human Kinetics, IL. 2) Beam W.C. and Adams G.M. (2019). <i>Exercise Physiology Laboratory Manual</i> 8th Ed. McGraw Hill 3) Nieman, D.C. (2010). <i>Exercise Testing and Prescription</i>. 7th Ed. McGraw-Hill. New York.
Assessment Weightage	Continuous Assessment: 60% Final Examination: 40%

Course Code	VQC7014
Course Title	ADVANCED STRENGTH AND CONDITIONING
Credit	3
Course Learning Outcomes	At the end of the course, students are able to: 1. Demonstrate correct and safe strength and conditioning training for elite athletes 2. Develop a variety of physical conditioning training methods 3. Appraise a variety of resistance training and physical conditioning methods and programmes
Synopsis	This course will cover both theory and practical components of strength and conditioning. This course is an advanced course with the focus on elite athletes. Various anaerobic (i.e. plyometric, speed and agility) and aerobic training programs will be covered. In addition, functional and power training such as Olympic lifts will be emphasised. Ultimately a safe and systematic physical conditioning approach to enhance performance will be taught. The practical session will be conducted in the laboratory, gymnasium, track and/or in the field
Main Reference	1) Baechle T.R. and Earle R.W. (2016). <i>Essentials of Strength Training and Conditioning</i>. 4th Ed Human Kinetics, IL. 2) Turner A. and Comfort P. (2022). <i>Advanced Strength and Conditioning: An evidence based-approach</i>. 2nd Ed Routledge. 3) Chandler T.F. and Broen L.E. (2013). <i>Conditioning for strength and human performance</i>. Lippincott Williams & Wilkins.
Assessment Weightage	Continuous Assessment: 60% Final Examination: 40%

Course Code Course Title	VQC7015 PHYSIOLOGICAL FUNCTION AND NUTRITION IN STRENGTH AND CONDITIONING
Credit	3
Course Learning Outcomes	At the end of this course, students are able to: 1. Relate the function of the physiological system and nutrition to strength training and conditioning. 2. Explain the physiological response and adaptation to strength training and conditioning 3. Explain the energy requirement and nutritional strategies in strength training and conditioning.
Synopsis	This course will focus on the physiological system and nutrition on strength training and conditioning. This involves various physiological responses and adaptation to different phases of training. Nutrition required for strength and conditioning will also be discussed. In addition, other issues related to physiological systems and nutrition concerning strength training and conditioning will also be addressed in this course.
Main Reference	1) Baechle T.R. and Earle R.W. (2015). Essentials of Strength Training and Conditioning. 4th Ed Human Kinetics, IL. 2) Nicholas Ratamess (2021). ACSM's Foundations of Strength Training and Conditioning (2nd ed). Lippincott Williams & Wilkins. 3) McArdle, WD, Katch, FI, & Katch, VL (2014). Exercise Physiology: Nutrition, Energy and Human Performance (8th ed.). Philadelphia: Lippincott Williams & Wilkins.
Assessment Weightage	Continuous Assessment: 60% Final Examination: 40%

Course Code	VQC7016
Course Title	INTERPRETING FITNESS DATA AND DESIGNING TRAINING PROGRAMMES
Credit	3
Course Learning Outcomes	At the end of the course, students are able to: 1. Distinguish different methods of fitness assessment. 2. Interpret the results of fitness tests and provide feedback. 3. Design a strength and conditioning training program according to the needs of athletes
Synopsis	This course covers the advanced knowledge in interpreting and analysing fitness data. Focus on translating these data and designing a complete training programme will be emphasized. Latest computer-based monitoring and evaluation techniques will also be covered. Students will develop the ability to interpret results against recommended values, providing feedback to an individual regarding how fitness levels can be improved and planning a fitness training programme for a selected individual. Students will examine the principles of training and the concept of periodisation. Students are required to set goals for a fitness training programme and plan the training year. They are also required to monitor and evaluate a fitness training programme. This involves using a training diary and/or feedback and reviews then evaluating the extent to which the programme is achieving goals set.
Main Reference	1) Heyward Vivian and Ann Gibson. (2014) Advanced Fitness Assessment and Exercise Prescription, 7th ed, Human Kinetics 2) Gregory G Haff and Travis N Triplett. (2017). Essentials of Strength Training and Condition, 4th ed, Human Kinetics 3) Coulson Morc. (2013). The Fitness Instructor's Handbook: A Complete Guide to Health and Fitness (Fitness Professionals), 2nd ed, A&C Black
Assessment Weightage	Continuous Assessment: 60% Final Examination: 40%

Course Code Course Title	VQC7017 MUSCULOSKELETAL INJURY PREVENTION AND REHABILITATION
Credit	3
Course Learning Outcomes	At the end of the course, students are able to: 1. Design and monitor rehabilitation programmes for sports injuries. 2. Design and organise a strength training program for prevention of sport injury. 3. Design and monitor a rehabilitation program.
Synopsis	This course is specifically tailored to focus on understanding various principles involved in assessing, managing and most importantly preventing recurrence of musculoskeletal injuries not only for athletes but also for the general population. Part of this course will also cover the importance of strength and conditioning in the prevention of initial injury. The course involves practical session which will be done either in the lab, gymnasium or any related facilities.
Main Reference	1) Brukner P, & Clarsen B, & Cook J, & Cools A, & Crossley K, & Hutchinson M, & McCrory P, & Bahr R, & Khan K(Eds.), (2017). Brukner & Khan's Clinical Sports Medicine: Injuries, Volume 1, 5e. McGraw Hill. 2) Brukner P, & Khan K (Eds.), (2019). Brukner & Khan's Clinical Sports Medicine: The Medicine of Exercise, Volume 2, 5e. McGraw Hill. 3) Porter, s & Wilson, J (Ed) (2020), A Comprehensive guide to sports physiology and injury management: An interdisciplinary approach, 1st ed, Elsevier. 4) Specific Sports-Related Injuries. (2021). Germany: Springer International Publishing.
Assessment Weightage	Continuous Assessment: 60% Final Examination: 40%

Course Code	VQC7018
Course Title	STRENGTH AND CONDITIONING FOR SPECIAL POPULATION
Credit	3
Course Learning Outcomes	At the end of the course, students are able to: 1. Determine the physiology of various health conditions. 2. Organise the exercise priorities to manage symptoms of various health conditions. 3. Alter training program to suit the special populations' needs.
Synopsis	Exercise physiology for special populations includes those who have major health problems linked to lifestyle either inactive or symptoms that can be avoided by increasing physical activity and physical fitness. This course explains in detail the aspects of obesity before discussing problems and diabetes cardiovascular system, lungs, spinal arthritis and pain, aging and the elderly, bone health, pregnancy and menstruation and spinal injuries. Students will be able to design a specific training program for the group stated.
Main Reference	1) Powers SK and Howley ET (2015). Exercise Physiology, Theory and Application to Fitness and Performance. 8th Edition. McGraw-Hill Companies. 2) McArdle WD, Katch FI and Katch VL (2014). Exercise Physiology, Energy, Nutrition, and Human Performance. 7th Edition. Lippincott, Williams and Wilkins. 3) J Buckley. Exercise Physiology in Special Populations E-Book. Elsevier Books. http://www.sciencedirect.com/science/book/9780443103438
Assessment Weightage	Continuous Assessment: 60% Final Examination: 40%

Course Code	VQC7019
Course Title	RESEARCH PROJECT
Credit	6
Course Learning Outcomes	At the end of the course, students are able to: 1. Critically review articles and synthesize ideas, 2. Comply to research ethics in executing the research project 3. Design and conduct an experiment: methods, data collection, analysis and presentation
Synopsis	Students are required to do a research project on a topic of their choice and with the guidance of a supervisor after completing the coursework. Students will be given the opportunity to critically review articles and synthesize ideas, conform to research ethics and ultimately design and conduct a research experiment.
Main Reference	1) Berg K.E. & Latin R.W. (2008). <i>Essentials of research methods in health, physical education, exercise science and recreation</i>. 3rd Ed. Lippincott Williams and Wilkins 2) Thatcher, J. et al. (2009). <i>Sport and Exercise Science (Active Learning in Sport)</i>. Learning Matters. 3) <i>APA guidelines</i> 4) <i>UM thesis format</i>
Assessment Weightage	Continuous Assessment: 100%

Course Code	VQX7003
Course Title	SKILL ACQUISITION AND EXPERTISE IN SPORTS
Credit	3
Course Learning Outcomes	At the end of the course, students are able to: 1. Describe advanced concepts in motor learning and expertise in sports 2. Identify latest issues in research and practice that are related to expertise and skilled performance 3. Design practice sessions that can enhance the learning experience through the manipulation of practice conditions
Synopsis	This course centres on ways to organise practice which can lead to skills being acquired and learnt. It also focusses on how previously learnt skills can be improved and refined. In addition, how skilled and expert performance can be developed and retained is also discussed.
Main Reference	1) Starkes, J. L., & Ericsson, K. A. (2003). Expert Performance in Sport: Recent Advances in Research on Sport Expertise. Champaign, IL: Human Kinetics. 2) Hodges, N. J., & Williams, A. M. (2012). Skill acquisition in sport: research, theory and practice (2 nd ed.). London ; New York: Routledge.
Assessment Weightage	Continuous Assessment: 60% Final Examination: 40%

Course Code	VQX7007
Course Title	SPORT ENTREPRENEURSHIP
Credit	3
Course Learning Outcomes	At the end of the course, students are able to: 1. Explain the theories of leadership and analyze its relationship with sport entrepreneurship. 2. Identify issues of sport entrepreneurship and evaluate the necessary sport entrepreneurship competencies. 3. Apply the knowledge and leadership and entrepreneurship skills in sports industry.
Synopsis	After successful completion of this course, students will be able to evaluate leadership theories, entrepreneurship types, analyse leadership styles, investigate contemporary thinking on leadership; and how leadership roles are changing; identify ways leadership in sport organizations can affect entrepreneurship. This course is to inculcate sport entrepreneurship culture among future sport managers. The students will be exposed to the history of sport entrepreneurship as well as the evolution of sport entrepreneurship as a field of study. This course provides general understanding of sport entrepreneur's characteristics and the process of creating and expanding the new sport business initiatives.
Main Reference	1) Ratten, V. (2020). Sport Entrepreneurship: An Economic, Social and Sustainability Perspective. Emerald Publishing Limited. 2) Gupta O.P. (2021). Fundamentals of Entrepreneurship. SBPD Publishing House 3) Kuratko, D. (2017). Entrepreneurship: Theory, Process, Practice (10th Ed.). Cengage Learning: Boston. 4) O'Boyle, I.; Murray, D. & Cummins, P. (Ed.) (2015) Leadership in Sport. London and New York: Routledge Taylor & Francis Group. 5) Olympic Solidarity (2014) Sport Administration Manual. International Olympic Committee. Calgary, Canada: Roger Jackson & Associates Ltd.
Assessment Weightage	Continuous Assessment: 60% Final Examination: 40%

Course Code	VQX7008
Course Title	DEVELOPMENT OF HIGH-PERFORMANCE ATHLETE
Credit	3
Course Learning Outcomes	At the end of the course, students are able to: 1. Recognise the multidisciplinary approach in developing elite athletes 2. Evaluate the long-term athletic development framework 3. Adopt learning experience through practicum with a high-performance service provider
Synopsis	This course is designed to help students recognise the multidisciplinary approaches involved in developing elite athletes and the value of applying an ideal long-term athletic development framework. The students will also gain real-life practical experience by working with high-performance service providers. Students are encouraged to apply their knowledge and practical skills gained during their studies into their practicum.
Main Reference	1) David Joyce, Dan Lewindon. (2021). High Performance Training for Sports 2nd Ed Human Kinetics, IL. 2) Ian Jeffreys, Jeremy Moody (2016). Strength and Conditioning for Sports Performance. Routledge 3) Baechle T.R. and Earle R.W. (2016). Essentials of Strength Training and Conditioning. 4th Ed Human Kinetics, IL.
Assessment Weightage	Continuous Assessment: 60% Final Examination: 40%

PROHIBITION AGAINST PLAGIARISM

(In accordance with Section 6 of Prohibition Against Plagiarism, Part II, General Discipline, Universities and University College Act, 1971 Universiti Malaya (Discipline of Students) Rules 1999)

“...1. A student shall not plagiarize any idea, writing, data or invention belonging to another person.

2. For the purposes of this rule, plagiarism includes:

- (a) the act of taking an idea, writing, data or invention of another person and claiming that the idea, writing, data or invention is the result of one's own findings or creation; or
- (b) an attempt to make out or the act of making out, in such a way, that one is the original source or the creator of an idea, writing, data or invention which has actually been taken from some other source.

3. Without prejudice to the generality of subrule (2) a student plagiarizes when he:

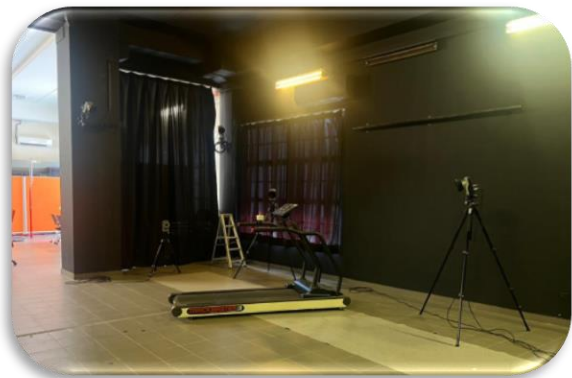
- (a) Publishes, with himself as the author, an abstract, article, scientific or academic paper, or book which is wholly or partly written by some other persons;
- (b) incorporates himself and allows himself to be incorporated as a co-author of an abstract, article, scientific or academic paper, or book, when he has not at all made any written contribution to the abstract, article, scientific or academic paper, or book;
- (c) forces another person to include his name in the list of co-researchers for a particular research project or in the list of co-authors for a publication when he has not made any contribution which may qualify him as a co-researcher or co-author;
- (d) extracts academic data which are the results of research undertaken by some other person, such as laboratory findings or field work findings or data obtained through library research, whether published or unpublished, and incorporate those data as part of his academic research without giving due acknowledgement to the actual source;
- (e) uses research data obtained through collaborative work with some other person, whether or not that other person is a staff member of a student of the University, as part of another distinct personal academic research of his, or for a publication in his own name as sole author, without obtaining the consent of his co-researchers prior to embarking on his personal research or prior to publishing the data;
- (f) transcribes the ideas or creations of others kept in whatever form, whether written, printed or available in electronic form, or in slide form, or in whatever form of teaching or research apparatus, or in any other form, and claims whether directly or indirectly that he is the creator of that idea or creation;
- (g) translates the writing or creation of another person from one language to another whether or not wholly or partly, and subsequently presents the translation in whatever form or manner as his own writing or creation; or
- (h) extracts ideas from another person's writing or creation and makes certain modifications without due reference to the original source and rearranges them in such a way that it appears as if he is the creator of those ideas.

TEACHING, LEARNING AND RESEARCH LABORATORY

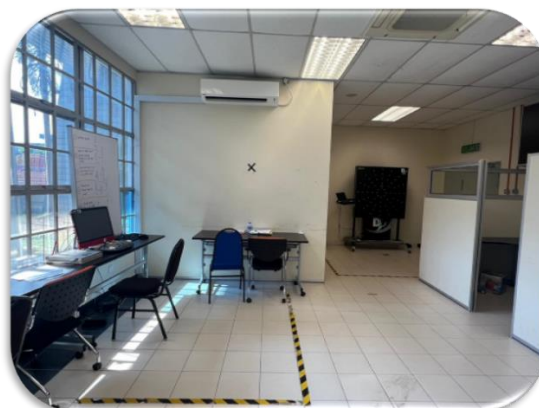
SPORTS NUTRITION & EXERCISE PHYSIOLOGY LABORATORY



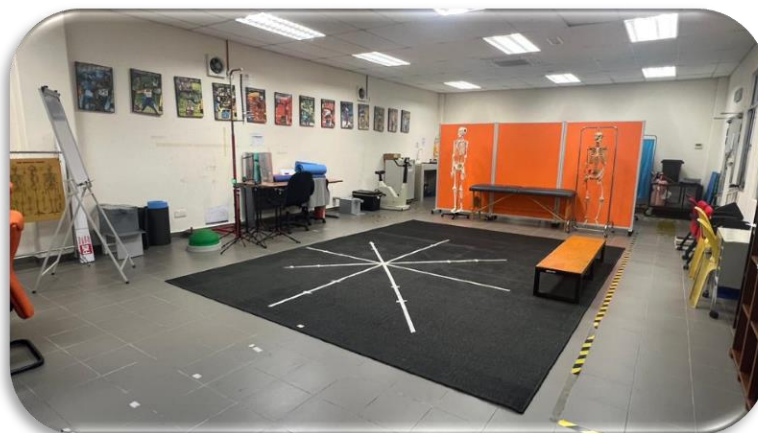
BIO MECHANIC LABORATORY



MOTOR CONTROL LABORATORY



FUNDAMENTALS OF SPORTS SCIENCE



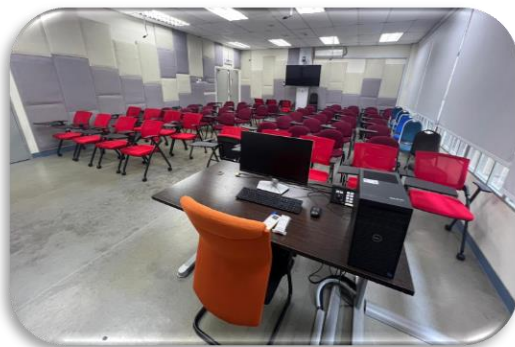
ANALYTICAL LABORATORY



SPORTS THERAPY & DOPING CONTROL ROOM



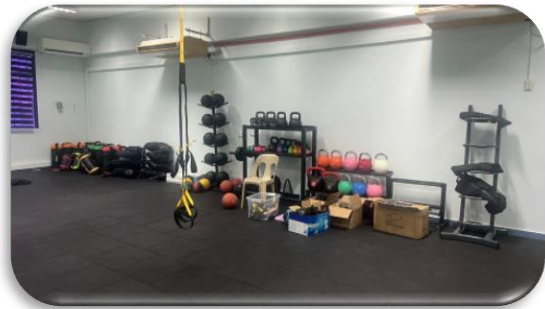
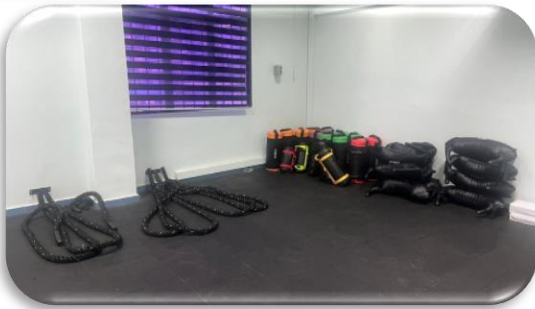
MANAGEMENT LABORATORY



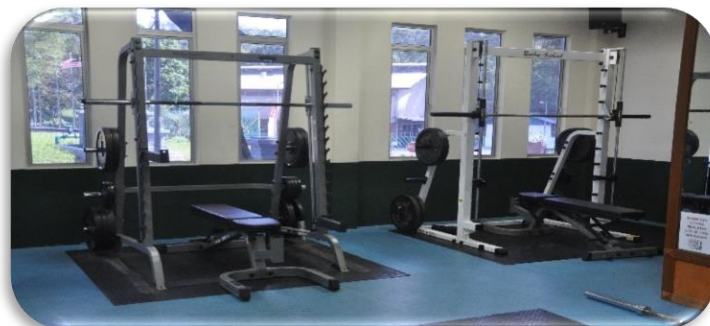
FUNCTIONAL GYMNASIUM



SPORTS PERFORMANCE STUDIO

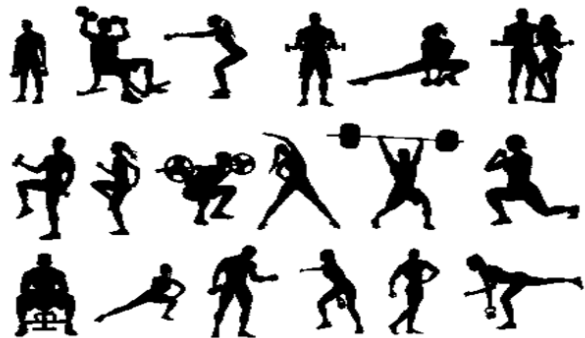
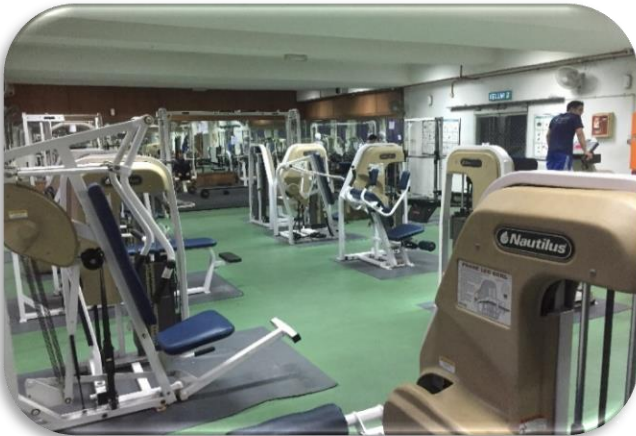
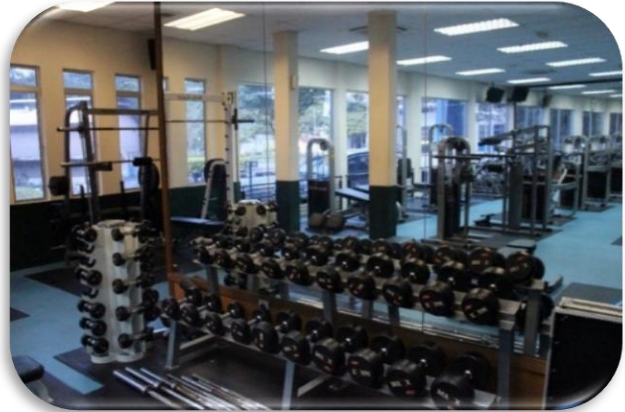


ACADEMIC GYMNASIUM



WEIGHT TRAINING GYMNASIUM

- Block A Gymnasium – For general use by Universiti Malaya Student & Staff.
- Gymnasium Blok B - For the purpose of study & training of high performance athlete in the Universiti Malaya only



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