

UNDERGRADUATE PROGRAMME GUIDEBOOK 2026/2027

FACULTY OF SPORTS & EXERCISE SCIENCE
UNIVERSITI MALAYA

BACHELOR OF EXERCISE SCIENCE



FAKULTI SUKAN DAN SAINS EKSESAIS
FACULTY OF SPORTS AND EXERCISE SCIENCE
(BLOCK B)

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Greetings



The Faculty of Sports and Exercise Science (FSSE) offers undergraduate programmes in Exercise Science and Sports Management, as well as postgraduate opportunities in related fields. FSSE is committed to fostering students' intellectual growth through experiential and interactive teaching and learning.

Our faculty is strengthened by local and international academics who are experts in diverse areas of sports and exercise science, including exercise physiology, biomechanics, nutrition, psychology, motor learning, event management, business and recreation. Each staff member brings unique expertise, ensuring that knowledge transfer takes place through lectures, practical sessions, and research.

Beyond teaching, our academics are actively involved in research, publications, consultancy, and community engagement in sport, recreation, and fitness. FSSE is where theories meet practice. We are also proud to be equipped with the UM Arena Stadium, a purpose-built facility that supports both sporting activities and academic pursuits. It houses five sports science laboratories and multipurpose halls, fitted with sophisticated equipment to support research, teaching and services.

Through these laboratories, we offer UM4S - Sports Science Support Services, providing active individuals, athletes, teams, and clubs with professional fitness and performance assessments as well as expert consultation.

To all students: make the most of journey at FSSE to learn, develop, and grow. Our students and alumni are the pride of the University, and we look forward to seeing you carry our name with pride, just as we are proud to nurture you.

Home of the Bright, Land of the Brave

Di Sini Bermulanya Pintar, Tanah Tumpahnya Berani

Thank you.

ASSOCIATE PROFESSOR DR. ZULKARNAIN JAAFAR
Dean

UNIVERSITI MALAYA

VISION

A global university impacting the world.

MISSION

Pushing the boundaries of knowledge and nurturing aspiring leaders.

CORE VALUES



TAGLINE

Home of the Bright, Land of the Brave
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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 are 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, Universiti Malaya has produced more than 1,000 graduates from this programme since 1999. Our graduates have been and are taking their role as leaders in this field, managing sports in both public and private sectors.



Management & Administrative Staff

FACULTY MANAGEMENT



FAKULTI SUKAN DAN SAINS EKSESAIS
Faculty of Sports and Exercise Science



Dr. Eliza Hafiz
Deputy Dean
(Undergraduate & Student Affairs)



Associate Professor Dr. Sareena Hanim Hamzah
Deputy Dean
(Postgraduate, Research & Innovation)



Associate Professor Dr. Teo Eng Wah
Deputy Dean
(Development)



Associate Professor Dr. Zulkarnain Jaafar
Dean



Mrs. Nur Asmawarmi Abdullah
Assistant Registrar



Dr. Khairuddin Naim Mohd Zain
Senior Assistant Registrar



Mrs. Nor Azlina Abdullah
Faculty Manager

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DEPUTY DEAN OF UNDERGRADUATE STUDIES AND STUDENT AFFAIRS STRUCTURE



Mrs. Noorhafiza Kamaruddin
Assistant Office Secretary



Mrs. Nor Kesumawati Muslin
Senior Administration Assistant



Mrs. Nor Hayati Mansor
Senior Administration Assistant



Mrs. Nur Asmawarmi Abdullah
Assistant Registrar

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MANAGEMENT		
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Deputy Dean (Postgraduate, Research & Innovation)	:	Assoc. Prof. Dr. Sareena Hanim Hamzah sareena@um.edu.my
Deputy Dean (Undergraduate & Student Affairs)	:	Dr. Eliza Hafiz eliza@um.edu.my
Deputy Dean (Development)	:	Assoc. Prof. Dr. Teo Eng Wah vteo2@um.edu.my
ADMINISTRATIVE		
Faculty Manager	:	Mrs. Nor Azlina Abdullah inazlina@um.edu.my
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ACADEMIC STAFF

SPORTS MANAGEMENT



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PROF. DR. MOHD SALLEH AMAN

Honorary Professor

Specialization : Sport Management, Sport Recreation, Sports Tourism, Sports Industry, Leisure and Recreation, Recreation and Sports Policy

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ASSOC. PROF. DR. TEO ENG WAH (VINCENT)

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DR. NOR EEZA ZAINAL ABIDIN

Senior Lecturer

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DR. MANIL KARA KAUKI
Lecturer

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GENERAL INFORMATION

Rules & Regulations

The rules and regulations that bind all the academic programmes offered are being constantly updated from time to time. Students are advised to refer to the **Universiti Malaya (Bachelor's Degree) Rules 2024** and **Universiti Malaya (Bachelor's Degree) Regulations 2024 in the Maya Portal** for details and latest updates pertaining to their programme of study.

Attendance in Programme of Study

- (1) It is compulsory for a student to attend all teaching and learning activities related to his programme of study.
- (2) A student who does not attend any teaching and learning activities is required to inform the reason for his absence to the teacher immediately together with the relevant supporting documents. The teacher shall inform the student of the consequences of being absent and is responsible to keep the records of the notification and class attendance.
- (3) A student may with the approval of the Faculty undergo a part of the degree programme of study at other university or institution.

Termination of Programme of Study on Medical Reason

A student, whose withdrawal from a semester has been approved on medical reason for four (4) Normal Semesters consecutively, may be terminated from his programme of study for the following semester upon being certified by a Registered Counselor, Registered Medical Practitioner, Universiti Malaya Clinic/government hospital/teaching hospital/Universiti Malaya Medical Centre/Private Medical Centre after the student's case has been re-examined by any specialist or the Registered Medical Practitioner concerned on the following semester.

Course Registration

- (1) A student is required to register for courses in accordance with the stage of study that has been prescribed. The stage of study is determined by the number of credits that has been registered by the student as follows:

Stage of Study	Number of Credits
Beginning	35 credits and below
Middle	36 – 75 credits
Final	76 credits and above

- (2) A student is required to pursue his programme of study based on the structure of the programme of study as prescribed by the Faculty and approved by the Senate. Any courses registered other than that prescribed in the programme of study structure will not be considered for the purposes of fulfilment of the degree.
-

GENERAL INFORMATION

- (3) Registration for any course must be completed before the semester starts. Any student who does not complete his registration within the duration prescribed will not be allowed to pursue the course concerned.
- (4) A student is not allowed to add/drop courses after verification of registration is made.
- (5) Registration for a course with pre-requisite is only allowed after the student has passed the prescribed pre-requisite course by obtaining at least a grade C.
- (6) A student is responsible to check and ensure that the course code that is registered for is correct. At the end of the prescribed period, the courses that are registered is final and no further changes are allowed.
- (7) A student who does not register within the prescribed period for the semester concerned will be recorded as **Not Registered**.
- (8) Any student who fails to register continuously for a duration of two (2) Normal Semesters and fails to complete the registration in a specified duration for the following Normal Semester will cease being a student and his status of studies will be terminated.

Withdrawal from A Course

- (1) "Withdrawal from a course" means withdrawal from one (1) or more courses in any semester.
- (2) A student is not allowed to withdraw from a course after the completion of registration is made.
- (3) A student who stopped attending lectures and did not follow all the teaching and learning activities of a course will be given a grade F and will be recorded in the student's official record for the course concerned.
- (4) Notwithstanding anything stated in subregulation (2) above, in certain circumstances, the Deputy Vice-Chancellor concerned may make a decision otherwise.
- (5) Students who are approved to withdraw from the course after completing registration will be charged.

Withdrawal from Semester

"Withdrawal from a semester" means withdrawal from all courses registered for the semester concerned. A student is only allowed to withdraw from a semester after he has undergone his programme of study for at least one (1) semester except for medical reasons.

Category	Normal Semester	Special Semester	Fees	Duration of Study	Grade
Personal Reason	Week 1-2	Week 1-2	No	Included	*Records expunged
	Week 3-7	-	Yes	Included	Gred W1
Mobility Programme Reason	Week 1-14	Week 1-7	No	Not Included	*Records expunged

Medical Reason	Week 1-7	Week 1-2	No	Not Included	*Records expunged
	Week 8-14	Week 3-7	Yes	Not Included	Grade W1

*Note: Records refer to course registration records

Grading Scheme

The official University grades including the marks and the marks and their meaning are as follows:

Marks	Grade	Grade Point	Meaning
90.00 – 100.00	A+	4.00	High Distinction
80.00 – 89.99	A	4.00	Distinction
75.00 – 79.99	A-	3.70	Distinction
70.00 – 74.99	B+	3.30	Good
65.00 – 69.99	B	3.00	Good
60.00 – 64.99	B-	2.70	Good
55.00 – 59.99	C+	2.30	Pass
50.00 – 54.99	C	2.00	Pass
*An overall mark of 50.00 and above, but fails either the continuous assessment component or the final examination component.	CF	1.70	Fail
45.00 – 49.99	C-	1.70	Fail
40.00 – 44.99	D+	1.30	Fail
35.00 – 39.99	D	1.00	Fail
00.00 – 34.99	F	0.00	Fail

*Applicable to students enrolled in programmes that are subject to programme standards requiring students to pass both the continuous assessment and final examination components. Where the overall mark is 49.99 or below, the original grade based on the overall mark will be awarded, regardless of whether the student fails one or both components of the continuous assessment and/or the final examination.

The passing grade for all courses is grade C. (Senate: 24.06.2026)

Appeal Against Examination Results

- (1) A student who is not satisfied with his examination results including the continuous assessment component and/or final examination of the course may appeal for a review of his examination results. The appeal shall be made within seven (7) days from the official date of announcement of his examination results.
- (2) A payment based on the prescribed rate shall be made to process the application for examination results to be reviewed. The payment made is non-refundable regardless whether the appeal is successful or otherwise.
- (3) The appeal shall be made in a prescribed form by the University. The completed form shall be submitted to the Dean of the Faculty together with a copy of the receipt of the payment for the appeal made.

(4) The form for an appeal will not be accepted if it is:

- (a) submitted after the period stipulated in subregulation (1) above;
- (b) incomplete; or
- (c) submitted without the payment receipt.

IMPORTANT WEBSITES

1. Online course registration

Students can register for courses by clicking on the Online Registration button provided. Carefully plan the courses you take each semester to avoid clashes in your timetable.

maya.um.edu.my

2. FSSE Website

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

3. SISWA Mail

This is the official email system provided to all students of Universiti Malaya.

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

4. 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/>

5. 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://epay.um.edu.my/>

6. e-library Home page

You can do different searches, access library information and other library services.

<https://pendeta.um.edu.my/>

7. Global Mobility Centre (GMC) manages student mobility programmes, mainly inbound & outbound.

<https://studyabroad.um.edu.my/>

8. UM Library

<https://umlib.um.edu.my/>

9. UM ICT service for Online services

<https://it.um.edu.my/>

10. UM Alumni Portal

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

11. Counselling And Guidance

Center for Counseling & Disability Empowerment (CCDE) 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 79673342/3322 or visit the Center for Counseling & Disability Empowerment (CCDE), Level 1, Block D, Perdanasiswa Complex, personally to make an appointment.

Email: kaunseling@um.edu.my

12. Documents & Forms – Rules & Regulations

Downloads all administration documents, forms & software you may need.

<https://umsitsguide.um.edu.my>

13. UMPOINT – Universiti Malaya Facilities Booking

Facilities, Booking, Reserve, Facility, Auditorium, Hall

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

ACADEMIC CALENDAR FOR 2026/2027 SESSION

ACADEMIC CALENDAR 2026/2027 ACADEMIC SESSION (BACHELOR DEGREE LEVEL) AMENDMENT				
SEMESTER I				
Orientation (<i>Week of Welcome</i>) - 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)	

BACHELOR OF EXERCISE SCIENCE

EXERCISE SCIENCE

The development of sports in Malaysia is progressing rapidly. Sports in Malaysia is heading into a new era and has received tremendous attention with the rise of world class athletes and individuals opting for sports as a career. Hence, athletes and local coaches have to be exposed to current technological trends in sports as well as apply a scientific and systematic training program. Practitioners or professional sports scientists must possess a high level of knowledge in different disciplines related to Sports Science so that they are able to apply the theoretical considerations and practical aspects effectively. This can only be achieved with a formal education at college or university level. As we are aware Universiti Malaya is the pioneer university in this program in Malaysia and also in Asia. There are now 1,000 graduates who have successfully undergone this programme since 1999. These graduates now play leadership roles in this area in order to enhance the performance of sports in Malaysia and produce world class athletes.

The Exercise Science program is a discipline in Sports Science knowledge. In general, this program is divided into two key areas:

- (i) A professional career where there is an abundance of career opportunities in Sports and Exercise.
- (ii) An academic area which is specific to preparing intellectuals in higher institutions of learning and college.

The Exercise Science area as an academic program was initiated some 70 years ago and has placed the initiating countries in the forefront of sports globally and commercially. Malaysia, too decided to venture into this area by initiating an academic program in Sports Science in 1995, ahead of most countries in this region. It is appropriate that Universiti Malaya has produced graduates in the Exercise Science area in to continue to provide leadership and expertise in the areas of sports and exercise in Malaysia.

By learning various aspects of Exercise Science such as Exercise Physiology, Biomechanics, Sports Nutrition, Sports Psychology, Coaching, Motor Control and Learning, graduates of Universiti Malaya will possess a well-developed knowledge to adapt to changes.

The Faculty of Sports & Exercise Science, Universiti Malaya is continuously enhancing the quality of the Exercise Science program so that the graduates will be able to meet the demands of the industry.

PROGRAMME EDUCATION OBJECTIVES (PEO)

PEO 1 Graduates who are knowledgeable in the field of exercise science and capable of integrating this knowledge to address various national and global issues.

PEO 2 Graduates who contribute professionally, responsibly, and ethically to the development of effective exercise science programs.

PEO 3 Graduates will engage in various activities using their intellectual and practical skills for stakeholders.

PROGRAMME LEARNING OUTCOMES (PLO)

No	Programme Learning Outcomes	MQF Clusters of Learning Outcomes	Taxonomy Category
PLO1	To learn the principles of Sports and Exercise Sciences to provide the best service in this discipline.	CLS1 (Knowledge and comprehension)	K
PLO2	Use scientific thinking with reference to valid sources to design solutions and in decision making related to exercise.	CLS2 (Cognitive skills)	K
PLO3	Utilize scientific measurement, analysis, and established standards in designing exercise-related programs and activities.	CLS3a (Practical skills)	P
PLO4	Effectively communicate, either physically and/or virtually within groups and individually to carry out tasks related to sports and exercise.	CLS3b (Interpersonal and communication skills)	A
PLO5	Using technological, communication, data analysis tools to conduct tasks and/or research related to Sports and Exercise Sciences.	CLS3c (Digital and numeration skills)	K
PLO6	Demonstrate ability to work in a team and community as well as to handle tasks related to sports and exercise independently.	CLS3d (Leadership, autonomy, and responsibility)	A
PLO7	Demonstrate entrepreneurship skills and to critically anticipate the needs and problems related to sports and exercise.	CLS4 (Individual skills and entrepreneurship)	A
PLO8	Demonstrate a positive work ethics and professional attitude within the sports and exercise industry and community.	CLS5 (Ethics and professionalism)	A

STRUCTURE, DURATION AND METHOD OF DELIVERY

This is a full-time study programme of 122 credit hours in which students must register and pass all courses with a minimum grade of C. The structure of the programme is as follows:



In addition, students are required to enrol and pass Elective University Courses as determined by the University from time to time.

- (1) Minimum period = 7 semesters
- (2) Maximum period = 11 semesters.

Method of delivery is through a combination of teaching approaches such as: lecture sessions which are online/virtual and/or 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 internship (practical).

METHOD OF ASSESSMENT AND WEIGHTAGE

Student progress is evaluated through various methods, including academic exercise/project papers that comprise written assignments, projects, seminar and theoretical analysis. The weightage of assessment for all courses under the Bachelor of Exercise Science (except those offered by other faculties) are as follows:

1. Courses : Continuous Assessment - 60% and Summative Assessment/Final Exam - 40%
2. Seminar : Continuous Assessment - 100%
3. Internship : Continuous Assessment - 100%

Although assignments, projects and class tests are important, the summative assessment/final exam is emphasized within the structure of the curriculum through specific courses that has been fixed with the percentage of 40%.

CAREER PROSPECTS

Graduates of the Exercise Science program can work as exercise physiologists, 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 rehabilitation clinics, sports associations and sports equipment companies. Graduates may also choose to work in the field of sports business, mass media, sports consultancy and other sports-related industries.

SEMESTER PLAN FOR BACHELOR OF EXERCISE SCIENCE, 2026/2027 INTAKE

Level	Course Code	Semester I, 2026/2027	Credit Hour	Course Code	Semester II, 2026/2027	Credit Hour	Course Code	Special Semester	Credit Hour
1	GIG1017	FALSAFAH DAN CABARAN SEMASA	2	GIG1003	ASAS PEMBUDAYAAN KEUSAHAWANAN	2			
	GIG1018	CITRA MALAYSIA*		GLT10XX	KURSUS BAHASA INGGERIS	2			
	GUL1001	KURSUS Embrace @ UMLEADER	2	XX	KO-KURIKULUM**	2			
		Bahasa Inggeris hanya boleh ditawarkan bermula Tahun 1, Semester 2							
	VIX1001	History and Philosophy of Sport	3	VIX1003	First Aid and CPR	3			
	VIX1002	Introduction to Sport Science	3	VIX1004	Artificial Intelligence in Sports	2			
	VIB1001	Anatomy and Physiology I	3	VIB1002	Anatomy and Physiology II	3			
	VIB1004	Motor Development and Growth	3	VIB 1003	Basic Biomechanics	3			
	VIB1005	Fundamentals in Psychology	3	VIB2001	Testing and Measurement in Exercise and Sports	3			
		Total	19		Total	20			
	Course Code	Semester I, 2027/2028	Credit Hour	Course Code	Semester II, 2027/2028	Credit Hour	Course Code	Special Semester	Credit Hour
2	GIG1016	KURSUS INTEGRITI DAN ANTI RASUAH (KIAR)	2	GIG1019	ASPIRASI NEGARA BANGSA	2			
	GLT10XX	KURSUS BAHASA INGGERIS	2	GLT1049	BAHASA MELAYU KOMUNIKASI*				
	GUL2015	KURSUS Ignite@UMLEADER	2	VIB2005	Research Methods and Statistics in Exercise and Sports	3			
	VIB2002	Exercise Physiology and Sports	3	VIB2006	Nutrition and Energy Balance in Exercise and Sports	3			
	VIB2003	Exercise Physiology and Health	3	VIB2007	Sports and Exercise Psychology	3			
	VIB2004	Physical Conditioning in Exercise and Sports	3	VIB2008	Motor Control and Performance	3			
	VIX2001	Fitness Management (EF)	3 (Choose any 2)	VIB2009	Science and Technology in Coaching	3			
	VIX2003	Sport Recreation Management		VIX2002	Sport Industry (EF)	3 (Choose any 1)			
	VIX2007	Sport Psychology (EF)		VIX2004	Weight Training (EF)				
	VIX2008	Management of Sport Injuries (EF)							
		Total	21		Total	20			
	Course Code	Semester I, 2027/2028	Credit Hour	Course Code	Semester II, 2027/2028	Credit Hour	Course Code	Special Semester	Credit Hour
3	VIB3003	Sports and Exercise Movement Analysis sciences	3	VIB3004	Research Project in Sport and Exercise Sciences	3			
	VIB3006	Applied Research Method in Sports and Exercise	3	VIB3005	Exercise Prescription for Health and Fitness	3			
	VIB3007	Sports and Exercise Nutrition (EP)	3 (Choose any four (4) Courses)	VIB3010	Adapted Physical Activity (EP)	3 (Choose any four (4) Courses)			
	VIB3008	Motor Learning and Skill Acquisition		VIB3011	Applied Biomechanics (EP)				
	VIB3009	Sports and Exercise Rehabilitation (EP)		VIB3012	Individual and Group Fitness Programme (EP)				
	VIB3013	Applied Sports and Exercise Psychology		VIB3014	Physiology Exercise for Special Population (EP)				
	VIB3016	Integrated Home Based Exercise		VIB3015	Applied Exercise Physiology and Biochemistry (EP)				
		Total	18		Total	18			
	Course Code	Semester I, 2028/2029	Credit Hour	CREDIT DISTRIBUTION					
4	VIB3017	Exercise Science Internship	6	Course Component		Credit Hour			
				University Courses		18			
				Faculty Core Courses		11			
				Department Courses		60			
				Elective Faculty Courses		9			
				Elective Department Courses		24			
		Total	6	TOTAL		122			

*International students are exempted from this course

UNIVERSITY COURSES		COURSE CODE		COURSE NAME	CREDIT		
		GIG1017		FALSAFAH DAN CABARAN SEMASA	2		
		GIG1018		CITRA MALAYSIA*			
		GUL1001		KURSUS Embrace @ UMLEADER	2		
		GIG1003		ASAS PEMBUDAYAAN KEUSAHAWANAN	2		
		GLT10XX		KURSUS BAHASA INGGERIS	2		
		XX		KO-KURIKULUM**	2		
		GIG1016		KURSUS INTEGRITI DAN ANTI RASUAH (KIAR)	2		
		GLT10XX		KURSUS BAHASA INGGERIS	2		
		GUL2015		KURSUS <i>Ignite</i> @UMLEADER	2		
		GIG1019		ASPIRASI NEGARA BANGSA	2		
GLT1049		BAHASA MELAYU KOMUNIKASI* (For International Students)					
				TOTAL	18		
CORE COURSES		FACULTY CORE COURSES		COURSE CODE		COURSE NAME	CREDIT
				1	VIX1001	History and Philosophy of Sports	3
				2	VIX1002	Introduction to Sports Science	3
				3	VIX1003	First Aid and CPR	3
				4	VIX1004	Artificial Intelligence in Sports	2
						TOTAL	11
		PROGRAMME CORE COURSES		COURSE CODE		COURSE NAME	CREDIT
				1	VIB1001	Anatomy and Physiology I	3
				2	VIB1002	Anatomy and Physiology II	3
				3	VIB1003	Basic Biomechanics	3
				4	VIB1004	Motor Development and Growth	3
				5	VIB1005	Fundamentals in Psychology	3
				6	VIB2001	Testing and Measurement in Exercise and Sports	3
				7	VIB2002	Exercise and Sports Physiology	3
				8	VIB2003	Exercise Psychology and Health	3
				9	VIB2004	Physical Conditioning in Exercise and Sports	3
				10	VIB2005	Research Methods and Statistics in Exercise and Sport	3
				11	VIB2006	Nutrition and Energy Balance in Exercise and Sports	3
				12	VIB2007	Sports and Exercise Psychology	3
				13	VIB2008	Motor Control and Performance	3
				14	VIB2009	Science and Technology in Coaching	3
				15	VIB3003	Sports and Exercise Movement Analysis	3
				16	VIB3004	Research Project in Sport and Exercise Sciences	3
				17	VIB3005	Exercise Prescription for Health and Fitness	3
				18	VIB3006	Applied Research Method in Sports and Exercise	3
				19	VIB3017	Exercise Science Internship	6
						TOTAL	60
FACULTY ELECTIVE COURSES		COURSE CODE		COURSE NAME	CREDIT		
		1	VIX2001	Fitness Management	3		
		2	VIX2002	Sport Industry	3		
		3	VIX2003	Sport and Recreational Management	3		
		4	VIX2004	Weight Training	3		
		5	VIX2007	Sports Psychology	3		
		6	VIX2008	Management of Sport Injuries	3		
				TOTAL	9		
PROGRAMME ELECTIVE COURSES		COURSE CODE		COURSE NAME	CREDIT		
		1	VIB3007	Sports and Exercise Nutrition	3		
		2	VIB3008	Motor Learning and Skill Acquisition	3		
		3	VIB3009	Sports and Exercise Rehabilitation	3		
		4	VIB3010	Adapted Physical Activity	3		
		5	VIB3011	Applied Biomechanics	3		
		6	VIB3012	Individual and Group Fitness Programme	3		
		7	VIB3013	Applied Sports and Exercise Psychology	3		
		8	VIB3014	Physiology Exercise for Special Population	3		
		9	VIB3015	Applied Exercise Physiology and Biochemistry	3		
		10	VIB3016	Integrated Home Based Exercise	3		
						TOTAL	24
TOTAL CREDIT FOR GRADUATION : 122 CREDIT							

UNIVERSITY COURSE INFORMATION

**SUMMARY OF LANGUAGE UNIVERSITY COURSE PACKAGE
EFFECTIVE FROM INTAKE 2026/2027**

Pathway	Stream	Y1S1 (if applicable)	Y1S2	Y2 S1	Y2S2 (if applicable)
Path 1 (CEFR B1)	Arts	Placement Test[#] <i>- for students without recognised English qualifications upon entry</i>	GLT1050	GLT1052	GLT1053 (APM)
	Science		GLT1051	GLT1052	-
Path 2 (CEFR B2)	Arts		GLT1054	GLT1056	GLT1057 (APM)
	Science		GLT1055	GLT1056	GLT1058 (MBBS)
Path 3 (Foreign Language)	Arts		GLT Foreign Languages	GLT Foreign Languages	GLT Foreign Languages
	Science		GLT Foreign Languages	GLT Foreign Languages	GLT Foreign Languages

[#]Placement Test is required for students who do not possess recognised English qualifications upon admission.

KEY FEATURES

- **Placement Mechanism** – Students are placed into Path 1, Path 2, or Path 3 based on recognised English qualifications. A Placement Test will be conducted for students who do not possess recognised English qualifications upon admission.
- **Course Registration** – Courses will be packaged into students' course registration in Semester 2 (Y1S2) and Semester 3 (Y2S1) according to the designated pathway and stream-specific entry courses for Arts and Science.
- **Pathway Design** – Path 1 and Path 2 are offered as English pathways, while Path 3 focuses on Foreign Language courses to provide students with higher English language proficiency, the opportunity to develop additional global language competencies, and multilingual communication skills.

***LANGUAGE UNIVERSITY COURSES (LUC) EFFECTIVE FROM
INTAKE 2026/2027***

***KURSUS UNIVERSITI BAHASA (LUC) BERKUAT KUASA
MULAI KEMASUKAN 2026/2027***

Semester Enrolment/ Path	Path 1 Entry: A2/ B1 Exit: High B1/ Low B2		Path 2 Entry: High B1/ Low B2 Exit: High B2/ Low C1		Path 3 (Foreign Language) Entry: A1/ A2 Exit: B1
Semester 1 (if applicable) Placement test# <i>- for students without recognised English qualifications upon entry</i>	• CEFR A2 and B1 • MUET Band 2, 2.5, 3 & 3.5 • IELTS Band 4.0 – 5.0 • TOEFL Paper-Based Test (437 – 510) • TOEFL Computer-Based Test (123 – 180) • TOEFL Internet-Based Test (TBC) • TOEFL Essentials (Online) (Band 3 – 7.5) • PTE (Academic) – (10 – 41) • IGCSE/GCSE (English) (D, E, F, and G)		• CEFR B2 • MUET Band 4 & 4.5 • IELTS Band 5.5 – 6.0 • TOEFL Paper-Based Test (513 – 547) • TOEFL Computer-Based Test (183 – 210) • TOEFL Internet-Based Test (TBC) • TOEFL Essentials (Online) (Band 8 – 9.5) • PTE (Academic) – (42 – 57) • GCE A Level (English) (Minimum C) • IGCSE/GCSE (English) (C)		• CEFR C1 and C2 • MUET Band 5, 5+ & 6 • IELTS Band 6.5 – 9.0 • TOEFL Paper-Based Test (550 – 677) • TOEFL Computer-Based Test (213 – 300) • TOEFL Internet-Based Test (TBC) • TOEFL Essentials (Online) (Band 10 – 12) • PTE (Academic) (58 – 90) • GCE A Level (English) (A and B) • IGCSE/GCSE (English) (A and B)
Semester 2	<u>Arts Stream</u> GLT1050 Intermediate Reading and Writing for Social Sciences and Humanities	<u>Science Stream</u> GLT1051 Intermediate Reading and Writing for Science	<u>Arts Stream</u> GLT1054 Advanced Reading and Writing for Social Sciences and Humanities	<u>Science Stream</u> GLT1055 Advanced Reading and Writing for Science	GLTxxxx Foreign Languages
Semester 3	GLT1052 Intermediate Speaking Skills		GLT1056 Advanced Speaking Skills		GLTxxxx Foreign Languages
Semester 4 (Programmes with 6-credit LUC)	GLT1053 Intermediate Writing Skills APM only		<u>Arts Stream</u> GLT1057 Advanced Writing Skills APM only	<u>Science Stream</u> GLT1058 Science Communication for Global Audiences MBBS only	GLTxxxx Foreign Languages

Note: #Placement Test applies where results are unavailable, including for students admitted via Kemaskuan Khas (Athlete/SATU) and graduates of the Foundation Programme (China campus)

LIST OF LANGUAGE UNIVERSITY COURSES - FOREIGN LANGUAGES

NO.	COURSE CODE	COURSE NAME	CREDIT
1	GLT1029	Basic Arabic Language 1	2
2	GLT1030	Basic Arabic Language 2	2
3	GLT1031	Basic Japanese Language 1	2
4	GLT1032	Basic Japanese Language 2	2
5	GLT1033	Basic Korean Language 1	2
6	GLT1034	Basic Korean Language 2	2
7	GLT1035	Basic Persian Language	2
8	GLT1036	Basic Portuguese Language 1	2
9	GLT1037	Basic Portuguese Language 2	2
10	GLT1038	Basic Russian Language 1	2
11	GLT1039	Basic Russian Language 2	2
12	GLT1040	Basic Spanish Language 1	2
13	GLT1041	Basic Spanish Language 2	2
14	GLT1042	Basic Thai Language 1	2
15	GLT1043	Basic Thai Language 2	2
16	GLT1044	Basic Turkish Language	2
17	GLT1045	Basic Filipino Language I	2
18	GLT1046	Basic Filipino Language II	2
19	GLT1047	Basic Vietnamese Language I	2
20	GLT1048	Basic Vietnamese Language 2	2

FACULTY CORE COURSE INFORMATION

Course Code	VIX1001
Course Title	HISTORY AND PHILOSOPHY OF SPORTS
Credit	3
Medium of Instruction	English/ Malay Languages
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Explain underlying concepts associated with sport history and philosophy. 2. Discuss the importance and relevance of ethics in sport over time. 3. Analyse the role sport played in history.
Synopsis of Course Contents	In the early stage of course, students will be exposed to basic concepts related to history and philosophy of sport that are inherent in the modern western sport including Olympic idealism and domestic traditional sport practice. In the following stages, students will discuss local sport structure and sport organizations in Malaysia as well as explain the roles of social institutions, politics, and economy that affect sporting life in Malaysia since the 15 th century. The discussion on the blending of "Western" and "Malaysian" sport culture will be included.
Main Reference	1. Mechikoff (2014). <i>History and philosophy of sport and physical education: from ancient civilizations to the modern world</i> (6th ed.). New York, NY: McGraw-Hill. 2. Kretchmar, R. S., Dyreson, M., Liewellyn, M., & Gleaves, J. (2018). <i>History and philosophy of sport and physical activity</i>. Champaign, IL: Human Kinetics.
Assessment Methods	Continuous Assessment : 60% Final Examination : 40%

Course Code	VIX1002
Course Title	INTRODUCTION TO SPORT SCIENCE
Credit	3
Medium of Instruction	English/ Malay Languages
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. List and describe the areas of study and profession in sport science academia. 2. Be ready for the demand expected of them in going through successfully in their studies. 3. Analyze the opportunities, challenges and potentials for them entering the sport-related profession.
Synopsis of Course Contents	Students will be exposed to the concept of sport science and the various area of studies in the field of sport science. The intention of the course is to get the students ready as learners and future professionals in sport science. The course will give a clear picture of the opportunities, challenges and career potential in the world of sport science for students to get involved in after graduation.
Main Reference	1. Wuest & Fisette (2014). <i>Foundations of Physical Education, Exercise Science and Sport</i>. McGraw-Hill 2. Lumpkin (2013). <i>Introduction to Physical Education, Exercise Science, and Sport Studies</i>. McGraw-Hill 3. Freeman (2013). <i>Physical Education, Exercise And Sport Science In A Changing Society</i>. Sudbury, MA; Jones & Bartlett.
Assessment Methods	Continuous Assessment : 60% Final Examination : 40%

Course Code	VIX1003
Course Title	FIRST AID & CPR
Credit	3
Medium of Instruction	English, Malay
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Identify life threatening injuries caused by sports activities 2. Identify quickly the appropriately to life threatening injuries 3. Administer basic emergency response and CPR based on current CPR theories 4. Transport athletes with head injuries or whom are unconscious
Synopsis of Course Contents	Students will be exposed to general knowledge of first aid principles and the emergency treatment in sport injuries. The discussions will revolve around events and injuries that require prompt care and attention prior to the arrival of ambulance. CPR as one of first aid skills will be demonstrated and a CPR certification will be offered to students.
Main Reference	1. American Heart Association CPR & ECC Guidelines 2010 2. Manual Pertolongan Cemas, 2010, Golden Books Center Sdn. Bhd 3. Emergency Medicine (An Approach to Clinical Problem Solving). 2012. Hamilton, Trot, Sanders 4. Conservative Approach of Sports Injuries. 2007. 2nd edition. Jones and Bartlett. Boston
Assessment Methods	Continuous Assessment :60% Final Examination :40%

Course Code	VIX1004
Course Title	ARTIFICIAL INTELLIGENCE IN SPORTS
Credit	2
Medium of Instruction	English, Malay
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Understanding AI technology in learning sport science. 2. Applying AI methodologies in learning sport science 3. Analyzing the need of AI technology in sport science industry.
Synopsis of Course Contents	This undergraduate course, "Artificial Intelligence in Sport Science," introduces students to the transformative power of AI in sport science. Students will explore AI technologies and methodologies, gaining insights into their application and significance within the industry. By integrating theoretical knowledge with practical exercises, students will understand AI technology, apply AI methodologies, and analyze the need for AI in sport science. This course equips students with the skills to enhance performance analysis, training methodologies, and overall sports management through AI.
Main Reference	1. Artificial Intelligence in Sport Performance Analysis (2021) by By Duarte Araújo, Micael Couceiro, Ludovic Seifert, Hugo Sarmento, Keith Davids 2. The Art of Victory: AI and the New Frontier of Global Sports (Level Up) (2024) by Shripal H. Shah 3. Leveling Up With AI: A Strategic Guide to AI in Sports Marketing (Level Up) (2024) by Shripal H. Shah 4. Artificial intelligence and teaching, learning and assessment by Cambridge University Press & Assessment
Assessment Methods	Continuous Assessment :60% Final Examination :40%

PROGRAMME CORE COURSE INFORMATION

Course Code	VIB1001
Course Title	ANATOMY AND PHYSIOLOGY I
Credit	3
Medium of Instruction	English and Malay Language
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Discuss the terminology used in the body organization, integumentary, skeletal, muscular, nervous, endocrine systems and biology of cell to describe the structure and their location on the body. 2. Label structures and locations in the body for the integumentary, skeletal, muscular, nervous, endocrine systems and biology of cell. 3. Describe the function of all physiological systems in the human body for the integumentary, skeletal, muscular, nervous, endocrine systems and biology of cell.
Synopsis of Course Contents	Students will be exposed to human anatomy and the terms related to it. This course will also cover the physiological processes that begin with the cell biology. Part of the focus and objective of this course which is system based, will be related to human movement with the emphasis on the nervous, muscular and skeletal systems. Other systems such as the integumentary and endocrine are among other systems that will also be emphasized.
Main Reference	1. McKinley, M.P., O'Loughlin, V.D., Bidle, T.S. (2013). Anatomy & Physiology: An Integrative Approach. McGraw Hill. New York, NY. 2. VanPutte, C., Regan, J., Russo, A., Seeley, R.R., Stephens, T.D., Tate, P. (2014). Seeley's Anatomy and Physiology. 10th Ed. McGraw Hill. New York, NY.
Assessment Methods	Continuous Assessment: 60% Final Examination : 40%

Course Code	VIB1002
Course Title	ANATOMY AND PHYSIOLOGY II
Credit	3
Medium of Instruction	English and Malay Language
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Discuss the terminology used in the cardiovascular, lymphatic, immune, respiratory, urinary, digestive and reproductive system to describe the structure and their location in the body. 2. Label the structures and locations in the body for the cardiovascular, lymphatic, immune, respiratory, urinary, digestive and reproductive system. 3. Describe the function of all physiological systems in the human body for the cardiovascular, lymphatic, immune, respiratory, urinary, digestive, reproductive systems including human development and metabolism.
Synopsis of Course Contents	Students will be exposed to the terminology related to human anatomy and the physiological processes of the human body. This system-based course will mainly focus on the cardiovascular, respiratory systems and human development. In addition, the digestive system and metabolism are among other system that will also be emphasized.
Main Reference	1. McKinley, M.P., O'Loughlin, V.D., Bidle, T.S. (2013). Anatomy & Physiology: An Integrative Approach. McGraw Hill. New York, NY. 2. VanPutte, C., Regan, J., Russo, A., Seeley, R.R., Stephens, T.D., Tate, P. (2014). Seeley's Anatomy and Physiology. 10th Ed. McGraw Hill. New York, NY.
Assessment Methods	Continuous Assessment: 60% Final Examination : 40%

Course Code	VIB1003
Course Title	BASIC BIOMECHANICS
Credit	3
Medium of Instruction	Malay and English Language
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Describe the basic concepts and principles of biomechanics. 2. Relate the theory and basic principles of mechanics to human movement. 3. Perform a simple movement analysis
Synopsis of Course Contents	Students will be introduced to mechanical laws and principles, as well as physiological understanding of the prime movers of the body, the muscles. They will later be exposed to ways of applying those laws and principles to basic movement and human locomotion with the use of suitable tools in the laboratory.
Main Reference	1. Hall, S. J. (2014). Basic Biomechanics. 7 th Ed. McGraw-Hill. New York. 2. McGinnis, P. M. (2005). Biomechanics of sport and exercise. 3 rd Ed. Human Kinetics. Champaign Illinois.
Assessment Methods	Continuous Assessment: 60% Final Examination : 40%

Course Code	VIB1004
Course Title	MOTOR DEVELOPMENT AND GROWTH
Credit	3
Medium of Instruction	English
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Describe the concepts and theories of motor development. 2. Explain the development and change in motor skills across the lifespan. 3. Determine functional constraints to motor development. 4. Identify locations and take anthropometric measurements.
Synopsis of Course Contents	This course will cover the development and change of a variety of movement skills of human beings across the lifespan, beginning with infancy, progressing to childhood, adolescence, and adulthood, before ending with the aging population. Specific factors that influence or inhibit movement will also be discussed. Besides, this course will expose the students to special equipment used for testing inside or outside laboratory.
Main Reference	1. Haywood, K. M., & Getchell, N. (2003). Life span motor development (6 th ed.). Champaign. IL: Human Kinetics. 2. Gallahue, D.L. & Ozmun, J.C. (2011) Understanding motor development: infants, children, adolescents, adults (7 th ed.) New York, NY: McGraw Hill.
Assessment Methods	Continuous Assessment: 60% Final Examination : 40%

Course Code	VIB1005
Course Title	FUNDAMENTALS IN PSYCHOLOGY
Credit	3
Medium of Instruction	Malay and English Language
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Explain the theories of fundamental psychology. 2. Discuss the scientific method of psychological evaluation. 3. Participate in discussions on the evolution of psychology and the major pioneers in the field.
Synopsis of Course Contents	This course provides the understanding of how psychology as an academic field came to be, as well as understanding the fundamentals of psychological theories that will form the basis of sports psychology in the future. This course will also cover fundamental aspects of how psychology is measured and studied in a scientific manner.
Main Reference	1. Myers, D. G. & DeWall, C. N.. (2020). Psychology. 13th ed. Worth Publishers. 2. Myers, D. & Twenge, J. (2019). Social psychology. 13th ed. McGraw-Hill.
Assessment Methods	Continuous Assessment: 60% Final Examination : 40%

Course Code	VIB2001
Course Title	TESTING AND MEASUREMENT IN EXERCISE AND SPORTS
Credit	3
Medium of Instruction	Malay and English Languages
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 5. Evaluate the principles and techniques in the evaluation and measurement of physical fitness and sports skills. 6. Prepare a proposal to conduct testing and measurement. 7. Design a method for data collection and analysis. 8. Compare data acquisition in sports qualitatively and quantitatively.
Synopsis of Course Contents	This course discusses concepts, theories, principles and techniques of testing, measurement and evaluation in fitness, skills in sports. Measurements will also be conducted to assess the cognitive and affective aspects of the sport, method of formation evaluation tool, administration and management assessments in laboratory and outside laboratory operated practically. Quantitative analysis of the test results will be interpreted and evaluated through applied statistics. Qualitative analysis is also included so that students can make a qualitative analysis of movement in sports.
Main Reference	Beam, W., & Adams, G. (2013). Exercise physiology laboratory manual (7th ed.). New York: McGraw-Hill Higher Education. Morrow Jr, J. R., Mood, D., Disch, J., & Kang, M. (2015). Measurement and evaluation in human performance (5th ed.). Champaign, IL: Human Kinetics.
Assessment Methods	Continuous Assessment: 60% Final Examination : 40%

Course Code	VIB2002
Course Title	EXERCISE AND SPORTS PHYSIOLOGY
Credit	3
Medium of Instruction	English and Malay Language
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Measure the physiological adaptation in exercise. 2. Discuss the acute and chronic responses during exercise. 3. Assess the basic physiological adaptation to training and sports performance. 4. Analyze the relationship between physiological responses during exercise and sports performance.
Synopsis of Course Contents	This course covers the physiological responses during exercise and how these reactions affect human physical performance during exercise and sport. In addition, this course discusses the applied physiological adaptation to prolonged training. Students also will be exposed to the equipment and laboratory testing used to conduct test on human physiological responses.
Main Reference	1. Powers SK and Howley ET (2015). Exercise Physiology, Theory and Application to Fitness and Performance. 9th Edition. McGraw-Hill Companies. 2. McArdle W.D, Katch ,F.I and Katch V.L. (2007). Exercise Physiology: Energy, Nutrition and Human Performance, 6th Ed. Lippincott Williams and Wilkins. Philadelphia. 3. Wilmore J.H and Costill D.L. (2008). Physiology of Sport and Exercise, 4th Ed. Human Kinetics, IL
Assessment Methods	Continuous Assessment: 60% Final Examination : 40%

Course Code	VIB2003
Course Title	Exercise Psychology and Health
Credit	3
Medium of Instruction	Malay and English
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Explain the concept of exercise psychology and health in exercise programs. 2. Apply the knowledge of sport psychology into exercise psychology and health. 3. Demonstrate how exercise psychology and health can be applied in specific populations.
Synopsis of Course Contents	This course exposes students to the theories related to exercise and health. This course also discusses the effect of exercise on components of quality of life, as well as motivational techniques to encourage participation in the exercise program. The effects of exercise on specific population groups in society is also discussed in this course.
Main Reference	Edelman, C. L., & Kudzma, E. C. (2021). Health promotion throughout the life span. Elsevier. Lox, C. L., Ginis, K. A. M., Gainforth, H. L., & Petruzzello, S. J. (2019). The psychology of exercise: Integrating theory and practice. Routledge. Perry, J. (2020). The Psychology of Exercise. Routledge.
Assessment Methods	Continuous Assessment: 60% Final Examination : 40%

Course Code	VIB2004
Course Title	PHYSICAL CONDITIONING IN EXERCISE AND SPORTS
Credit	3
Medium of Instruction	Malay, English
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Describe the need and purpose for physical conditioning 2. Explain the physiological responses and adaptation to physical conditioning 3. Design safe and effective physical conditioning programs 4. Conduct various forms of physical conditioning training programs
Synopsis of Course Contents	This course covers the areas concerning physical conditioning. The content of this course includes various state of the art physical conditioning training programs. Movement competency and various safety issues will be discussed. Knowledge from this course is beneficial for the purpose of conducting safe and effective training programs. Students will also be exposed to training in the gymnasium and laboratory.
Main Reference	<u>Main Text</u> Ratamess, N. 2012. ACSM's Foundations of Strength Training and Conditioning. Lippincott Williams & Wilkins. <u>Additional Recommended Text</u> Baechle, T.R., Earle, R.W. 2016. Essentials of Strength Training and Conditioning. 3rd Ed. Champaign, IL: Human Kinetics
Assessment Methods	Continuous Assessment: 60% Final Examination : 40%

Course Code	VIB2005
Course Title	RESEARCH METHODS AND STATISTICS IN EXERCISE AND SPORTS
Credit	3
Medium of Instruction	Malay and English Language
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Explain the concepts and principles of research. 2. Distinguish between different types of research methods. 3. Explain procedures to conduct research and data analysis.
Synopsis of Course Contents	This course provides an overview of the research process, from identifying problems, conducting research, statistical analysis and writing research reports. Various methods of research in sports science will be discussed. Students will also be exposed to basic statistical concepts.
Main Reference	Jones, I. (2014). Research methods for sports studies. London: Routledge. Thomas, J. R., Silverman, S., & Nelson, J. (2015). Research methods in physical activity (7th ed.). Champaign: Human Kinetics.
Assessment Methods	Continuous Assessment: 60% Final Examination : 40%

Course Code	VIB2006
Course Title	NUTRITION AND ENERGY BALANCE IN EXERCISE AND SPORTS
Credit	3
Medium of Instruction	English Language
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Distinguish the roles of macronutrients and micronutrients, nutrient digestion and energy metabolism in the body during rest and exercise. 2. Plan assessment of food intake, energy intake, energy production and body composition. 3. Analyze the principles of energy balance and its application in weight management.
Synopsis of Course Contents	This course on the whole is to provide knowledge about nutrition and energy and its application in exercise. Students will know the measuring methods for assessing energy intake and expenditure in identifying the nutritional status through dietary patterns and nutritional analysis in the laboratory. The course also provides a fundamental understanding of energy balance for controlling weight and body composition as well as understanding doping and tests related to doping.
Main Reference	McArdle, WD, Katch, FI, & Katch, VL (2014). Exercise Physiology: Nutrition, Energy and Human Performance (7th ed.). Philadelphia: Lippincott Williams & Wilkins. McArdle, W. D., Katch, F. I., & Katch, V.L. (2014). Sports and Exercise Nutrition (4th ed.). Philadelphia: Lippincott Williams & Wilkins.
Assessment Methods	Continuous Assessment: 60% Final Examination : 40%

Course Code	VIB2007
Course Title	SPORTS AND EXERCISE PSYCHOLOGY
Credit	3
Medium of Instruction	Malay/ English Language
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Apply the basic knowledge of psychology in sports and exercise 2. Connect the theories of sports psychology in sports and exercise situations 3. Explain the concept of sports psychology in sports and exercise performance
Synopsis of Course Contents	This course equips students with basic knowledge of Sports Psychology. Psychological factors, as well as mental training techniques that influence athletic performance will also be discussed.
Main Reference	1. Cox, R.C. (2012). <i>Sport Psychology: Concepts and application</i> (7 th Ed). New York: McGraw-Hill. 2. Weinberg, R.S., & Gould, D. (2019). <i>Foundations of Sport and Exercise Psychology</i> (7 th Ed). Champaign, IL: Human Kinetics
Assessment Methods	Continuous Assessment: 60% Final Examination : 40%

Course Code	VIB2008
Course Title	MOTOR CONTROL AND PERFORMANCE
Credit	3
Medium of Instruction	English
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Describe the concepts, theories and principles of motor skill control. 2. Explain the central and sensory contributions of motor control. 3. Apply motor control knowledge to the specific characteristics of the performance of various types of motor skills.
Synopsis of Course Contents	This course presents the concepts and theories that are related to motor control. In addition, it focusses on how information from the environment and our central commands influences and determine movement behaviour. Selected topics also discuss the laws and principles of the performance characteristics of functional motor skills. Students also will be exposed about the tools used to carry out tests related to motor control in the laboratory.
Main Reference	1. Magill, R. A., & Anderson, D. (2021). <i>Motor learning and control: Concepts and Applications</i> (12th ed.). Boston: McGraw-Hill. 2. Schmidt, R. A., Lee, T. D, Winstein, C., Wulf, G., & Zelaznik, H. N. (2018). <i>Motor control and learning: A behavioural emphasis</i> (6 th ed). Champaign, IL: Human Kinetics.
Assessment Methods	Continuous Assessment: 60% Final Examination : 40%

Course Code	VIB2009
Course Title	SCIENCE AND TECHNOLOGY IN COACHING
Credit	3
Medium of Instruction	Malay and English Language
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Compare the principles of coaching theories 2. Apply the conventional technology in sports and exercise training sessions. 3. Plan for the most suitable coaching method alongside use of technology in sports and exercise.
Synopsis of Course Contents	This course covers physical science and social science disciplines, and technologies that are relevant to coaching. Students are required to undergo practical activities in the form of fitness and skills training using relevant technological tools based on the aforementioned disciplines.
Main Reference	1. Lahey, B. B. (2011). Psychology: an introduction. 11th ed. WMC Brown Publishers. 2. Myers, D. G. (2011). Social psychology. 11th ed. McGraw-Hills. 3. Fuss, F. K., Subic, A., Strangwood, M., & Mehta, R. (Eds.). (2013). Routledge handbook of sports technology and engineering. Routledge.
Assessment Methods	Continuous Assessment: 60% Final Examination : 40%

Course Code	VIB3003
Course Title	SPORTS AND EXERCISE MOVEMENT ANALYSIS
Credit	3
Medium of Instruction	English and Malay Language
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Describe the movement competency for physical activity. 2. Utilize a variety of notational and motion analysis systems employed in sports and exercise 3. Explain data from notational and motion analysis
Synopsis of Course Contents	This course focuses on the analysis situations in movement. Notational analysis methods will be studied, and students will gain knowledge on the application of the systems. Analysis of movement in different types of sport will be discussed. Students will also conduct practical sessions using video and detect physical movement in an automated way, in or outside the laboratory.
Main Reference	Passos, P., Araújo, D., & Volossovitch, A. (2016). <i>Performance analysis in team sports</i> . Taylor & Francis O'Donoghue, P. (2014). <i>An introduction to performance analysis of sport</i> . Routledge. Carling, C., Reilly, T., & Williams, A. M. (2009). <i>Performance assessment for field sports</i> . London: Routledge. Hughes, M., & Franks, I. M. (2004). <i>Notational analysis of sport</i> . (2nd ed.). London: Routledge. Hay, J.G. <i>Biomechanics of sports techniques</i>
Assessment Methods	Continuous Assessment: 60% Final Examination : 40%

Course Code	VIB3004
Course Title	RESEARCH PROJECT IN SPORT AND EXERCISE SCIENCES
Credit	3
Medium of Instruction	Malay and English Language
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Evaluate the different types of research that are suitable for the proposed project. 2. Design an appropriate research method and statistical analysis in exercise science. 3. Compare results of research based on the current literature
Synopsis of Course Contents	Students will be introduced to various theories and principles of research applicable to Sports and Exercise Sciences. Students will be able to plan, execute, and present their research.
Main Reference	1. O'Donoghue, P. (2013). Statistics for Sport and Exercise Studies: An Introduction. New York: Routledge. 2. Thomas, J.R., Nelson, J.K., & Silverman, S. (2015). Research Methods in Physical Activity (7th ed.). Champaign, IL: Human Kinetics Publishers
Assessment Methods	Continuous Assessment : 60% Final Examination : 40%

Course Code	VIB3005
Course Title	EXERCISE PRESCRIPTION FOR HEALTH AND FITNESS
Credit	3
Medium of Instruction	English and Malay Language
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Categorize health-related and skill-related components in sports and exercise and to modify its prescription based on health risk factors. 2. Measure the level of fitness before and after the exercise program with precision. 3. Design an exercise program for sedentary individuals, athletes or special population.
Synopsis of Course Contents	This course provides the knowledge, skills, and abilities for exercise testing and prescription, and to review benefits of health-related regular physical activity. Detailed information and norms are given for a variety of body composition, aerobic and musculoskeletal fitness tests. Students will be exposed to the concepts of screening and testing, exercise program prescription, and exercise metabolic. Students will follow practical sessions inside or outside laboratory depending on the learning objectives. The course also allows students to prepare themselves for international certifications.
Main Reference	1. ACSM's resource manual for exercise testing and prescription. 2012. Lippincott and William publisher. 2. ACSM's guidelines for exercise testing and prescription. 2015. Lippincott and William publisher. 3. Carl N. King, and Mark D. Senn. 2012. Exercise testing and prescription. Springer publisher. 4. William Beam and Gene Adams. 2014. Exercise physiology laboratory manual, 7th edition. McGraw-Hill publisher.
Assessment Methods	Continuous Assessment: 60% Final Examination : 40%

Course Code	VIB3006
Course Title	APPLIED RESEARCH METHOD IN SPORTS AND EXERCISE
Credit	3
Medium of Instruction	English and Malay Language
Course Pre-requisite(s)/ Minimum Requirement(s)	VIB2005 Research Methods and Statistics in Exercise and Sport
Learning Outcomes	At the end of the course, students are able to: 1. Synthesize reported research 2. Perform data analysis using SPSS 3. Use boolean search in conducting a literature
Synopsis of Course Contents	This course emphasizes a systematic literature search in addition to the interpretation, critical review and evaluation of research articles. Practical skills to enter the data, analyze and interpret quantitative data using SPSS software will also be taught.
Main Reference	1. Smith, M. F. (2021). Doing research in sport and exercise. London: Sage. 2. Verma, J. P. (2016). Sports research with analytical solution using SPSS. Hoboken, NJ: John Wiley & Sons.
Assessment Methods	Continuous Assessment: 60% Final Examination : 40%

Course Code	VIB3017
Course Title	EXERCISE SCIENCE INTERNSHIP
Credit	6
Medium of Instruction	English and Malay Language
Course Pre-requisite(s)/ Minimum Requirement(s)	Completed all University Course, Faculty Core Courses, Faculty Elective Courses, Core Programs and Programs Elective Courses Programs
Learning Outcomes	At the end of the course, students are able to: 1. Identify the needs and expectations of potential employers in the field of exercise science 2. Apply the knowledge, abilities and other additional information during the practical stint. 3. Express the soft skills obtained from learning experience during the industrial training placement 4. Prepare a written report about the working experience
Synopsis of Course Contents	This course is a practical training for all the exercise science knowledge learnt throughout the program. Students will be placed under the supervision of certain employees in the selected organization and they will carry out tasks according to work specifications given by the officer for one whole semester. At the end of this course, students will have to prepare a report describing their experiences as well as the working reality throughout their placement served as a student intern in the organization.
Main Reference	-Irrelevant-
Assessment Methods	Continuous Assessment: 100%

FACULTY ELECTIVE COURSE INFORMATION

Course Code	VIX2001
Course Title	FITNESS MANAGEMENT
Credit	3
Medium of Instruction	Malay and English Languages
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Understand the concept of fitness management 2. Utilize the knowledge of management to achieve the objectives of fitness management 3. Integrate the management of fitness program with team effort
Synopsis of Course Contents	Fitness industry has developed very rapidly in this country. This course prepares students with the understanding of basic concept of fitness management including its philosophy, theories pertaining to fitness management, and the current issues in this industry. The uniqueness of this industry will also be highlighted.
Main Reference	1. Tharret, S. & Peterson. J. (2015). Fitness Management. Healthy Learning; Monterey CA. 2. Plummer, M. (2014). How to Make Money in the Fitness Industry. Healthy Learning; Monterey CA. 3. Corbin, C. B., Welk, G. J., Lindsey, R., & Corbin, W. R., (2014). Concept of Fitness and Wellness: A Comprehensive Lifestyle Approach. 7th Ed. McGraw-Hill. New York. 4. Mike Bates (2014) Health Fitness Management 2nd Edition, Human Kinetics. 5. Stephen J. Tharrett and James A. Peterson (2013). Fitness Management. Amazon. Com
Assessment Methods	Continuous Assessment : 60% Final Examination : 40%

Course Code	VIX2002
Course Title	SPORT INDUSTRY
Credit	3
Medium of Instruction	Malay and English Languages
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Identify theories and segments in sport industry 2. Analyze social and communication skills in sport industry 3. Assess entrepreneurial values and impact of sport industry.
Synopsis of Course Contents	This course explains sport industry by identifying sport industry elements as well as sport industry related theories. Case studies will be used to facilitate the learning process.
Main Reference	1. Field. S. (2010). Career Opportunities in the Sport Industry. Checkmark Books; USA 2. Parent, M. & Smith-Swan, S. (2013). Managing Major Sports Events: Theory and Practice. Routledge; New York, NY. 3. Field, S. (2010). Sports Industry Checkmark Books: New York 4. Olympic Solidarity (2014) Sport Administration Manual. International Olympic Committee. Calgary, Canada: Roger Jackson & Associates Ltd. 5. Mohd Salleh Aman (2015) Sports and Recreation: Where fitness Fits In. University of Malaya, Kuala Lumpur. UM Press.
Assessment Methods	Continuous Assessment : 60% Final Examination : 40%

Course Code	VIX2003
Course Title	SPORT RECREATION MANAGEMENT
Credit	3
Medium of Instruction	Malay and English Languages
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Explain various theoretical aspects of recreation management 2. Analyse policy and procedural process of recreation management 3. Design recreation programme
Synopsis of Course Contents	This course defines the meaning of recreation and pastime activities as well as their roles in society. Students will understand various recreational activities while identifying elements of policies and procedures that facilitate recreational sport activities.
Main Reference	a. Mohd Salleh Aman (2015) Sports and Recreation: Where fitness Fits In. University of Malaya, Kuala Lumpur. UM Press. b. Mohd Salleh Aman (2015:37-58) Rekreasi: Gaya Hidup Pilihan Saya. In Mohd Salleh Aman & Wasitah Hj Mohd Yusof (2015) Hidup Aktif Cara Kita. Institut Penyelidikan Pembangunan Belia Malaysia (IYRES), Kementerian Belia dan Sukan, Putrajaya. ISBN978-967-13655-2-6. Halaman 37-58; IYRES. c. Mohd Salleh Aman & Muhamad Jun Basaruddin (2006:209-239). In Mohd Salleh Aman (ED) (2006) Pengurusan Sukan Aplikasinya Di Malaysia. Universiti Malaya, Kuala Lumpur. UM Press. d. Shivers, Jay & Halper, Joseph (2012) Strategic Recreation Management. New York. Routledge. e. Torkildsen, George (2005) Leisure and Recreation Management (5th Edition). New York. Routledge Taylor & Francis Group.
Assessment Methods	Continuous Assessment : 60% Final Examination : 40%

Course Code	VIX2004
Course Title	WEIGHT TRAINING
Credit	3
Medium of Instruction	English, Malay Languages
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Describe the scientific principles to produce an effective program. 2. Explain acute and chronic variables in designing a weight training program. 3. Demonstrate effective management and leadership skills to carry out various types of weight training including isometric, isokinetic, plyometric, and variables in weight training. 4. Develop a training program using the elements of fitness for athletes who require and do not require high skills.
Synopsis of Course Contents	This course will introduce students to the principles of weight training and preparation of weight training programs. Practical sessions are also included so that students can master the various types of weight training and apply them in demonstration sessions.
Main Reference	1. Hoffman, J. (Ed.) (2013). National Strength & Conditioning Association. NSCA's Guide to Program Design (Science of Strength and Conditioning) 2. NSCA (2014). NSCA's Essentials of Personal Training – 2nd Edition. 3. Delavier, F. (2013). Strenght Training Anatomy, 3rd Edition. 4. Bret Contreras (2013). Body Weight Strength Training Anatomy. Human Kinetics. 5. Michael Matthews (2016). Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body, Amazon.com
Assessment Methods	Continuous Assessment : 60% Final Examination : 40%

Course Code	VIX2007
Course Title	SPORT PSYCHOLOGY
Credit	3
Medium of Instruction	English and Malay Languages
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Explain the concept of Sports Psychology in sport performance 2. Connect the theories of Sports Psychology and scientific method in sports situations 3. Apply the basic knowledge of psychology in sports psychology.
Synopsis of Course Contents	This course equips students with basic knowledge of Sports Psychology. Psychological factors, as well as mental training techniques that influence athletic performance will also be discussed.
Main Reference	Andersen, M.B. (2000). <i>Doing Sport Psychology</i>. Champaign, IL: Human Kinetics Cox, R.C. (2011). <i>Sport Psychology: Concepts and application</i> (6th Ed). Singapore: McGraw-Hill Int. Editions. Karageorghis, C.I., & Terry, P.C. (2011). <i>Inside Sport Psychology</i>. Champaign, IL: Human Kinetics. Morris, T., & Summers, J. (2004). <i>Sport Psychology. Theory, Applications and Issues</i>. Milton QLD: John Wiley & Sons Australia, Ltd. Murphy, S. (2005). <i>The Sport Psych Handbook</i>. Champaign, IL: Human Kinetics. Weinberg, R.S., & Gould, D. (2019). <i>Foundations of Sports and Exercise Psychology</i>. Champaign, IL: Human Kinetics
Assessment Methods	Continuous Assessment : 60% Final Examination : 40%

Course Code	VIX2008
Course Title	MANAGEMENT OF SPORT INJURIES
Credit	3
Medium of Instruction	English Language
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Identify common sport injuries and your role in managing the injury. 2. Apply the management technique of common sport injuries. 3. Coordinate injured athlete from the day of injury to returning to play.
Synopsis of Course Contents	This course exposes students to the types of common sport injuries and the management strategies for the injuries. With this knowledge, students will be able to coordinate injured athlete in ensuring that the athlete return to sport safely therefore reducing the risk of recurrence.
Main Reference	1. Clinical Sports Medicine (2007). 3rd edition. Peter Brukner and Karim Khan. Mc Graw Hills 2. Conservative Approach of Sports Injuries (2007). 2nd edition. Thomas E. Hyde & Marianne S. Gengenbach, Jones and Bartlett 3. Sports Injuries (2009). 2nd edition. Malcolm Read and Paul Wade. Elsevier.
Assessment Methods	Continuous Assessment : 60% Final Examination : 40%

PROGRAMME ELECTIVE COURSE INFORMATION

Course Code	VIB3007
Course Title	SPORTS AND EXERCISE NUTRITION
Credit	3
Medium of Instruction	English Language
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Assess nutritional intake for different sports and physical activity as preparation for training and competition. 2. Explain nutritional strategies before, during and after training or competition to enhance exercise gain and athletic performance. 3. Explain special nutrition for different population (children, elderly, disable), those with special needs (diabetic, vegetarian), and other nutritional issues.
Synopsis of Course Contents	This course is specialized to the principal, background and rational of the nutrition guidelines especially to athletes with different sports. This course also provides knowledge on nutritional strategies to enhance performance and nutrition of athletes with certain populations as well as athletes with special needs. Students will be able to identify athletes with nutritional disorders and be able to prescribe to return or maintain optimal nutritional status.
Main Reference	McArdle, W. D., Katch, F. I., & Katch, V.L. (2014). Sports and Exercise Nutrition (4th ed.). Philadelphia: Lippincott Williams & Wilkins. Jeukendrup & Gleeson (2010). Sport Nutrition: An introduction to energy production and performance (2nd ed). Human Kinetics. Louise Burke and Vicki Deakin (2010). Clinical Sports Nutrition 4th Ed. McGraw Hill. Sports Dietition Australia
Assessment Methods	Continuous Assessment: 60% Final Examination : 40%

Course Code	VIB3008
Course Title	MOTOR LEARNING AND SKILL ACQUISITION
Credit	3
Medium of Instruction	English Language
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Explain theories, concepts and processes in motor learning 2. Differentiate methods of presenting information that can enhance motor learning and performance 3. Plan practice sessions by manipulating practice conditions in order to facilitate motor skill acquisition.
Synopsis of Course Contents	This course introduces the basic concepts in motor skill learning. It centers on how practice can lead to new skills being acquired and learnt. Recommendations on how to organise practice sessions in terms of instruction and feedback, as well as amount and variability of practice are presented either inside or outside the laboratory.
Main Reference	1. Magill, R. A. (2017). Motor learning and control: Concepts and Applications (11th ed.). Boston: McGraw-Hill. 2. Williams, A. M., & Hodges, N. J. (2012). Skill acquisition in sport: research, theory and practice (2nd ed.). London ; New York: Routledge.
Assessment Methods	Continuous Assessment: 60% Final Examination : 40%

Course Code	VIB3009
Course Title	SPORTS AND EXERCISE REHABILITATION
Credit	3
Medium of Instruction	English
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Describe the concept of rehabilitation, healing and therapeutic exercise technique in sports injuries. 2. Prescribe therapeutic exercise techniques for rehabilitation of sports injuries based on the results of the inspection and measurement of certain parts of the body. 3. Design a comprehensive program of sports rehabilitation.
Synopsis of Course Contents	At the end of this course, students will be able to evaluate injuries and prescribe appropriate treatment and exercise in the process of rehabilitation of sports injuries. Students will also be exposed to the factors that must be followed to ensure that athletes safely return to play back with less risk of injury recurring. In addition, this course will expose the students in a practical way about rehabilitation process inside or outside the laboratory.
Main Reference	1. Peggy A. Houglum. (2001), Therapeutic exercise for musculoskeletal injuries, 2nd Edition. Human Kinetics, USA. 2. Brukner, P & Khan, K. (2007), Clinical Sports Medicine, 3rd Edition. McGraw Hill, Sydney 3. Hyde, TE & Gengenbach, SM. (2007). Conservative Approach of Sports Injuries, 2nd Edition. Jones and Bartlett. Boston.
Assessment Methods	Continuous Assessment: 60% Final Examination : 40%

Course Code	VIB3010
Course Title	ADAPTED PHYSICAL ACTIVITY
Credit	3
Medium of Instruction	Malay Language & English Language
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Discuss issues related to disability sport 2. Develop physical activities to suit the functional potential of individuals with disabilities 3. Organise physical activity and sports for persons with disabilities
Synopsis of Course Contents	The course covers theoretical and practical sessions of adapted physical activity and sports for various categories of disabilities, such as individuals with neurological disability, visual impairment, hearing impairment and intellectual impairment. This course also discusses the history, current legislation, growth factors, as well as the development and assessment of adapted physical activity.
Main Reference	Winnick, J. P. & Porretta, D. L. (Eds.). (2021). Adapted physical education and sport (7th ed.). Champaign, IL: Human Kinetics. Hodge, S. R., Murata, N. M., Block, M. E., & Lieberman, L. J. (2020). Case studies in adapted physical education: Empowering critical thinking. Routledge.
Assessment Methods	Continuous Assessment: 60% Final Examination : 40%

Course Code	VIB3011
Course Title	APPLIED BIOMECHANICS
Credit	3
Medium of Instruction	Malay and English Language
Course Pre-requisite(s)/ Minimum Requirement(s)	VIB1003 Basic Biomechanics
Learning Outcomes	At the end of the course, students are able to: 1. Apply the principles of mechanics to movement and sports skills. 2. Conduct data recording 2-D / 3-D using a special tool and specific recorder. 3. Integrate human motion analysis using specialized software.
Synopsis of Course Contents	Students will apply the principles learnt into human movement. The next part involves the practical application of software in the form of two-dimensional analysis together with the integration with other biomechanics equipment. Students will follow practical sessions inside or outside the laboratory.
Main Reference	1. McGinnis, P. M. (2005). Biomechanics of sport and exercise. 3 rd Ed. Human Kinetics. Champaign Illinois. 2. Burkett B. (2010). Sports mechanics for coaches. 3 rd Ed. Human Kinetics. Champaign Illinois
Assessment Methods	Continuous Assessment: 60% Final Examination : 40%

Course Code	VIB3012
Course Title	INDIVIDUAL AND GROUP FITNESS PROGRAMME
Credit	3
Medium of Instruction	English
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Identify the components of fitness and the need and importance of fitness in ensuring good health. 2. Identify needs and different fitness programs for individuals and groups. 3. Devise and implement a fitness program for individuals and groups.
Synopsis of Course Contents	This course will expose students to the current fitness program for individuals and groups. Students will be able to prescribe an appropriate program based on the individual needs or group. Students will also learn the tools needed during the program either inside or outside the laboratory/gym.
Main Reference	1. Allen Jackson , James Morrow Jr. , David Hill , Rod Dishman . (2004), Physical Activity for Health and Fitness Updated Edition. Human Kinetics, USA. 2. ACE Group Fitness Instructor Manual (3 rd Edition)
Assessment Methods	Continuous Assessment: 60% Final Examination : 40%

Course Code	VIB3013
Course Title	APPLIED SPORTS AND EXERCISE PSYCHOLOGY
Credit	3
Medium of Instruction	Malay / English Language
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Differentiate between various techniques in mental skills training 2. Differentiate between roles and procedures involved in implementing the techniques in psychological skills training. 3. Develop plans for annual mental training programs (periodisation) to improve sports performance
Synopsis of Course Contents	This course exposes the student in a theoretical and practical way, several relevant techniques for mental skills training to assist in the performance of athletes in the sport are presented. Students will be exposed to an annual plan for mental skills training.
Main Reference	Razon, S., & Sachs, M. L. (Eds.). (2017). Applied exercise psychology: The challenging journey from motivation to adherence. Routledge. Taylor, J. (2019). Comprehensive applied sport psychology. Routledge. Tenenbaum, G., & Eklund, R. C. (Eds.). (2020). Handbook of sport psychology. John Wiley & Sons. Tod, D., & Eubank, M. (Eds.). (2020). Applied Sport, Exercise, and Performance Psychology: Current Approaches to Helping Clients. Routledge.
Assessment Methods	Continuous Assessment: 60% Final Examination : 40%

Course Code	VIB3014
Course Title	PHYSIOLOGY EXERCISE FOR SPECIAL POPULATION
Credit	3
Medium of Instruction	English Language
Course Pre-requisite(s)/ Minimum Requirement(s)	VIB2002 Exercise and Sports Physiology
Learning Outcomes	At the end of the course, students are able to: 1. Clarify the physiological changes that lead to health conditions 2. Relate the major health conditions with components of health and fitness 3. Clarify how exercise can prevent and reduce disease symptoms 4. Design a program of basic training for special populations
Synopsis of Course Contents	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 Methods	Continuous Assessment: 60% Final Examination : 40%

Course Code	VIB3015
Course Title	APPLIED EXERCISE PHYSIOLOGY AND BIOCHEMISTRY
Credit	3
Medium of Instruction	English Language
Course Pre-requisite(s)/ Minimum Requirement(s)	VIB2006 Nutrition and Energy Balance in Exercise and Sports
Learning Outcomes	At the end of the course, students are able to: 1. Elaborate the biochemical principles related to enzyme and metabolic energy production from lactate and protein sources. 2. Apply the metabolic reactions in different exercise intensity and duration. 3. Explain the physiological and biomechanical mechanisms that limits exercise.
Synopsis of Course Contents	The course emphasizes a new concept in exercise biochemistry based on the latest findings in the field. Words such as genomics, proteomics is commonly used today to describe the functional cells, protein expression as well as a detailed analysis of body metabolism. The course also provides an understanding of the connection between metabolism toward sports performance by explaining the biochemical processes specific to different sports. Students will also be able to understand how biochemical processes that determine the metabolic response to exercise is influenced by adaptation training.
Main Reference	1. Powers SK and Howley ET (2015). <i>Exercise Physiology, Theory and Application to Fitness and Performance</i>. 8th Edition. McGraw-Hill Companies. 2. Mougios V (2016). <i>Exercise Biochemistry</i>. Human Kinetics.
Assessment Methods	Continuous Assessment: 60% Final Examination : 40%

Course Code	VIB3016
Course Title	INTEGRATED HOME BASED EXERCISE
Credit	3
Medium of Instruction	English Language
Course Pre-requisite(s)/ Minimum Requirement(s)	None
Learning Outcomes	At the end of the course, students are able to: 1. Explain the importance of integration exercises; 2. Identify problems and challenges in managing integrated exercises; 3. Apply knowledge by developing integrated exercise guidelines and procedures
Synopsis of Course Contents	This course begins with the importance of integrated exercise for life. Next is the integrated exercise at the office, integrated exercise at home, integrated exercise at the shops and integrated exercise on the move. For busy parent, this course will also cover the integrated exercise in accordance workout. Not only that, but this course also covered the integrated exercise for children and fir the traveller. This course will end by looking into integrated eating that can be applied to most population.
Main Reference	1. Liane M. Summerfield (2015). <i>Nutrition, Exercise, and Behavior: An Integrated Approach to Weight Management</i> 3rd Edition, Cengage Learning 2. Lindy Clemson, Jo Munro, Maria Fiatarone Singh (2014). <i>Lifestyle-integrated Functional Exercise (LiFE) program to prevent falls: trainer's manual</i> 3. Barbara A. Bushman (2017). <i>ACSM's Complete Guide to Fitness & Health</i>, Human Kinetics 4. William E. Prentice (2015). <i>Get Fit, Stay Fit</i>. F.A. Davis Company 5. Peta Bee (2008), <i>Integrated Exercise – How Everyday Activity Will You Fit</i>. Kyle Cathie Limited.
Assessment Methods	Continuous Assessment: 60% Final Examination: 40%

Learning and Research Activities

To access lab and gym facilities for learning and research activities at FSSE, please contact the respective lab coordinator:

LAB COORDINATORS



AP. DR. VICTOR SELVARAJAH A/L SELVANAYAGAM
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victors@um.edu.my



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**CONFERMENT OF
THE BACHELOR
DEGREE
AND
EXCELLENCE
AWARD**

REQUIREMENTS FOR GRADUATION

(1) The student shall fulfil the requirements for the programme of study, that is:

- (a) achieves a final CGPA of 2.00 and above;
- (b) completes the number of credits as prescribed for his programme of study;
- (c) fulfils the Faculty's requirements (if any) where he registered for his programme of study;
- (d) fulfils the language requirements as prescribed; and
- (e) fulfils the other requirements approved by the Senate from time to time.

(2) Minimum credit requirements

The total credits required for the purpose of graduation as approved by the Senate under the circumstances where the University has special regulations with another university or institution, for example under a letter of understanding or memorandum of understanding with regard to the admission of students from that institution to the University to continue with his programme of study.

(3) Minimum duration requirements for study

A student shall complete the minimum duration of study that has been prescribed for his programme of study for the purpose of graduation except as otherwise provided under Regulations 19 of the Universiti Malaya (Bachelor's Degree) Regulations 2024

CONFERMENT OF BACHELOR'S DEGREE WITH HONOURS

- (1) A student may be awarded a degree once he has fulfilled the requirements of his programme of study as prescribed above.
- (2) The degree awarded is an honours degree based on the final CGPA. In order to qualify to be awarded a Pass With Honours degree, the student shall obtain a final CGPA of not less than 2.00.

CONFERMENT OF BACHELOR'S DEGREE WITH HONOURS (WITH DISTINCTION)

A student is qualified to be awarded with Bachelor's Degree of a Pass With Honours (With Distinction) if he:

- (1) achieves a final CGPA of 3.70 and above;
- (2) has never obtained grade F for any course throughout the duration of his programme of study;
- (3) has never repeated any course where he failed and/or upgraded his course grade; and
- (4) has successfully completed his programme of study within the minimum duration or approved duration.

EXCELLENCE AWARD

The Faculty of Sports and Exercise Science Excellence Award is a yearly award for students who have completed their studies. This exclusive award is reserved for those who excel in academic as well as show active participation in sports. The recipients will be awarded a certificate and a plaque.

MINIMUM ELIGIBILITY CRITERIA

1. The Faculty of Sports and Exercise Science Final Stage students (scheduled to receive a degree at the next Convocation Ceremony); and
2. Has represented at least the state as an athlete, coach or manager while studying at Universiti Malaya; and
3. Has represented Universiti Malaya as an athlete, coach or manager at least for two consecutive years; and
4. Has a CGPA of 3.5 and above; and
5. Has no disciplinary record during the period of study.

SELECTION FOR THOSE ELIGIBLE WITH MINIMUM CRITERIA

Students with the highest score will be selected, but for any ties or disputes, the ultimate decision is at the discretion of the Academic Committee or the Dean of the Faculty of Sports and Exercise Science. Calculation of marks is as follows:

Participation in Sports (can be combined in total)

Represented Country (Elite/Senior)	20 marks
Represented Country (Junior)	15 marks
Represented State	10 marks

The recognised sports are at the discretion of the Academic Committee. Marks are given only once based on the highest level of representation. However, if there are candidates with the same overall score, the number of times a candidate has represented the state or country will be considered.

Academic Performance

Never failed any course	5 marks
For each increment (0.05) after CGPA 3.5	5 marks (each time)
Presented a research paper at a seminar/journal	5 marks (each time)

**UNIVERSITY
SPORTS
AWARDS**

A. UNIVERSITY SPORTSMAN AND SPORTSWOMAN AWARD (Student)

- a) This award is the highest award given to student athletes who have shown excellent performance and high level of ability in sports and achieved academic excellence.
- b) Each team is allowed to make only one nomination and eligible athletes need to be nominated through the provided application form.
- c) The winner of this award will be chosen based on the following criteria:

Sportsman / Sportswoman (Student)

- 1. Represented Universiti Malaya team and was the main player in the year of nomination except for sports which are not competed at the IPT level.
- 2. Represented the national team/country in the Olympics, Universiade, Commonwealth Games, Asian Games, SEA Games or AUG during the period of study in the university and to provide a letter of declaration from the sports association as proof, including certificate of participation.

AND

- 3. Possess the best leadership attributes and a high sportsmanship spirit in helping the team to achieve excellent results.
- 4. Possess a clean record without any disciplinary action taken against him/her by any sports bodies or the university.
- 5. Achieved high academic excellence of at least CGPA 2.8 in the latest examination.

B. UNIVERSITY BLUE AWARD (Student)

This award is the highest award and is given to student athletes who have shown excellent performance and high achievement in both sports and studies. The winner of this award will be chosen based on the following criteria:

- 1. Represented Universiti Malaya team and was the main player in the game for at least the final two years of studies or three consecutive years of studies.
- 2. Represented the national team/country in the Olympics, Universiade, Commonwealth Games, Asian Games, SEA Games or AUG during the period of study in the university and to provide a letter of declaration from the sports association as proof, including certificate of participation.

OR

- 3. Represented the national team/country in international championships which is sanctioned (Olympics, Universiade, Commonwealth Games, WUC, Asian Games, AUG or other competitions) by the national and international sports associations during the period of study in the university and to provide a letter of declaration from the sports association as proof, including certificate of participation.

AND

- 4. Possess exemplary leadership and a high sportsmanship spirit in helping the team to achieve excellent results.
- 5. Possess a clean record without any disciplinary action taken against him/her by any sports bodies or the university.
- 6. Achieved high academic excellence of at least CGPA 3.0 in the latest exam.
- 7. Application through the provided application form.

C. UNIVERSITY SPECIAL SPORTS AWARD (Student)

This award is given to a student sports team that has shown excellent performance and fulfils the following criteria:

- 1. Shown excellent performance and ability in MASUM/SUKIPT/IPT League and/or national Open Leagues / other participated competitions.
- 2. Shown excellent team performance in previous years

3. Always committed to the programmes organised by the Sports Centre.
4. Shown exemplary team leadership
5. Possess a clean record without any disciplinary action taken against any of the team players by any sports bodies or the university.

D. UNIVERSITY SPECIAL SPORTS AWARD (Student)

(Selected by the Sports Centre, UM)

This award is given to student athletes who have shown excellent performance and high ability in sports. The winner of the award is chosen based on the following criteria:

1. Represented the country (national team) as an athlete, team official or technical official in any sport.
2. Possess a clean record without disciplinary action taken against him/her from any sports bodies or the university.

E. EXCELLENT UNIVERSITY TEAM AWARD (Student)

(Selected by the Sports Centre, UM)

This award is given to student sports teams that have shown excellent sports performance and fulfils the following criteria:

1. Became champions in inter-university level sports in the year of nomination.
2. Always committed to the programmes organised by the Sports Centre.
3. Possess a clean record without any disciplinary action taken against any of the team players by any sports bodies or the university.

F. UNIVERSITY FULL COLOUR AWARD (Student)

This award is given to student athletes who have met the following criteria:

1. Represented Universiti Malaya team and was the main player in the game for at least the final two years of studies or three consecutive years.
2. Only eligible to win this once throughout study at Universiti Malaya
3. Represented MASUM in the ASEAN University Games or SIPMA or represented the state in SUKMA level or other national championship during his / her studies at the university and to provide a letter of declaration from the sports association as proof, including certificate of participation.
4. Possess a clean record without disciplinary action taken against him / her by any sports bodies or the university.
5. Achieved high academic excellence of at least CGPA 2.5 in the latest exam except for postgraduate students by research.

G. UNIVERSITY HALF COLOUR AWARD (Student)

This award is given to student athletes who have achieved the following criteria:

1. Represented Universiti Malaya team and was the main player in the game for at least the final two years or three consecutive years.
2. Only eligible to win this once throughout study at Universiti Malaya
3. Shown excellent performance and ability in MASUM/SUKIPT/IPT League and/or national Open Leagues / elite invitation sports competitions.
4. Possess a clean record without disciplinary action taken against him / her by any sports bodies or the university.
5. Achieved high academic excellence of at least CGPA 2.5 in the latest exam except for postgraduate students by research.

H. UNIVERSITY FUTURE STAR AWARD (Student)

This award is given to student athletes who have achieved the following criteria:

Undergraduate

1. Represented Universiti Malaya team and was the main player in the game in the first or second year of study and representing the university team for the first time (except for postgraduate students who have completed their undergraduate degree at Universiti Malaya).
2. Only eligible to win this once throughout the studies at Universiti Malaya
3. Shown excellent performance in the sports participated.
4. Possess a clean record without disciplinary action taken against him / her by any sports bodies or the university.

I. UNIVERSITY APPRECIATION AWARD**(Selected by the Sports Centre, UM)**

Awarded to staff, students as well as outsiders who have met the following criteria:

1. Contributed and helped improve the level of sports performance, whether in the form of expertise, energy or sponsorship, to any university team which enabled the team or individual to achieve outstanding results especially in the inter university competitions.
2. Has a good relationship with the Sports Centre and team/individuals in order for team/individuals to excel.

J. BEST COACH AWARD**(Selected by the Sports Centre, UM)**

This is awarded to the sports team coach including students who have contributed to the success in sports he / she represents. The winner of the award is chosen based on the following criteria:

1. Based on the excellent achievement of the team he / she coaches in the year of nomination either at MASUM/SUKIPT/IPT leagues or any other high level invitational competitions for students.
2. Possess exemplary leadership attributes and a high sportsmanship spirit in helping the team to achieve and maintain excellent results.
3. Possess a clean record without disciplinary action taken against him / her from any sports bodies or the university.
4. Has excellent record in team achievement in previous years.
5. Always committed to the programmes organized by the Sports Centre.

K. BEST MANAGER AWARD**(Selected by the Sports Centre, UM)**

Awarded to the sports team manager including staff/student or outsiders who has achieved success in the sports he / she represents:

1. Based on the excellent achievement of the team he / she manages in the year of nomination either MASUM/SUKIPT/IPT leagues or any other high level invitational competitions for students.
2. Possess a clean record without disciplinary action taken against him / her from any sports bodies or the university.
3. Has excellent record in team achievement in previous years.
4. Possess exemplary team management skills.
5. Always committed to the programmes organized by the Sports Centre.

L. GLORIOUS STUDENT TEAM AWARD

Awarded to the student teams that perform remarkable achievements and have met the following criteria:

1. Demonstrated excellent performances and high levels of abilities in MASUM / SUKIPT / IPT Leagues and / or other open leagues in the country / other participating sports tournaments and get approval from the Sports Centre.
2. Have excellent team achievement records in previous years.
3. Always be committed to programs organised by the Sports Centre.
4. Have a strong and eminent team management.
5. Have a clean record without any disciplinary action against any sports body or university.
6. Only one team will be selected based on qualifications.
7. Any Team Manager who feels their team qualify, please submit the application through the nomination form provided.



SPORTS FACILITIES

- UM Arena Stadium
- Varsiti Field
- B Field
- C Field
- Synthetic Field



WEIGHT TRAINING GYM

- Block B Gymnasium - For the purpose of study & training of high performance athlete in Universiti Malaya only.



INDOOR MULTI PURPOSE GYM

- Sports Centre Indoor Gym
- Gymnasium 1
- Gymnasium 2
- Multipurpose Hall



OUTDOOR MULTIPURPOSE COURT

- Sports Centre Multi Purpose Court
- Varsity Court
- Tennis Court
- Basketball Court
- Wall Tennis Court
- Futsal Court -2 Unit (KL Gate)
- Floorball Court



OUTDOOR GYM

KAYAK FACILITIES



SQUASH COMPLEX

SWIMMING POOL

Swimming pool- Olympic size swimming pool with complete scuba diving apparatus.



INQUIRIES

To assess the sport facilities and further inquiries, please contact us at:

Email	:	khidmatsukan@um.edu.my
Telephone	:	03 – 7967 3520 / 6934 / 6980 / 4657
Facebook	:	Bahagian Kemudahan & Perkhidmatan Sukan

