



Murug
NAGOOR MEERA BIN ABDULLAH
 Ketua Pusat Pengajian
 Fakulti Sains Sukan dan Rekreasi
 Institut Pendidikan Berterusan &
 Pengajian Profesional (IPEPS)
 UTM, Shah Alam

UNIVERSITI TEKNOLOGI MARA

PELAN PENGAJIAN PROGRAM e-PJJ

BACHELOR OF SPORTS SCIENCE (HONS) (SR243)

SEMESTER 1				
BIL	KOD	KURSUS	JAM KREDIT	JENIS KURSUS
1.	CTU552	Philosophy and Current Issues	2.0	KURSUS UTAMA
3	LCC402	English for Oral Reporting	2.0	KURSUS UTAMA
4.	SPS432	Fundamental Practices of Sports Psychology	3.0	KURSUS UTAMA
5.	SPS585	Motor Learning and Control	3.0	KURSUS UTAMA
6.	TAC401	Introductory Arabic (Level 1)	2.0	KURSUS UTAMA
7.	HBU111	National Kesatria 1	1.0	KURSUS BUKAN UTAMA
		JUMLAH KREDIT	13	
SEMESTER 2				
	KOD	KURSUS	JAM KREDIT	JENIS KURSUS
8.	CTU554	Values and Civilisation II	2.0	KURSUS UTAMA
9.	LCC500	English for Workplace Communication	2.0	KURSUS UTAMA
10.	TAC451	Introductory Arabic (Level 2)	2.0	KURSUS UTAMA
11.	SPS411	Anatomy and Physiology of Human Movement	4.0	KURSUS UTAMA
12.	SPS655	Applied Principles of Sport Coaching	4.0	KURSUS UTAMA
13.	HBU121	National Kesatria 2	1.0	KURSUS BUKAN UTAMA
		JUMLAH KREDIT	15	
SEMESTER 3				
	KOD	KURSUS	JAM KREDIT	JENIS KURSUS
14.	TAC501	Introductory Arabic (level 3)	2.0	KURSUS UTAMA
15.	SPS482	Exercise Nutrition	3.0	KURSUS UTAMA
16.	SPS500	Applied Physical Fitness and Wellness	3.0	KURSUS UTAMA
17.	SPS505	Exercise Biochemistry	3.0	KURSUS UTAMA
18.	HBU131	National Kesatria 3	1.0	KURSUS BUKAN UTAMA
19.	LCC502	English for Job Interviews	2.0	KURSUS UTAMA
		JUMLAH KREDIT	14.0	
SEMESTER 4				
	KOD	KURSUS	JAM KREDIT	JENIS KURSUS
20.	SPS477	Physiology of Sport and Exercise	3.0	KURSUS UTAMA
21.	SPS574	Nutrition for Sport Performance	3.0	KURSUS UTAMA
22.	SPS475	Fitness Testing and Evaluation	3.0	KURSUS UTAMA
23.	SPS612	Sport and Exercise Biomechanics	3.0	KURSUS UTAMA
24.	SPS609	Applied Exercise and Sports Rehabilitation	3.0	KURSUS UTAMA
		JUMLAH KREDIT	15.0	
SEMESTER 5				
	KOD	KURSUS	JAM KREDIT	JENIS KURSUS
25.	SRT441	Information Technology in Sports	3.0	KURSUS UTAMA
26.	SPS462	Prevention and Care of Sport Injuries	3.0	KURSUS UTAMA
27.	SPS611	Applied Physiology of Sport and Exercise	3.0	KURSUS UTAMA
28.	SPS564	Advanced Conditioning	4.0	KURSUS UTAMA
		JUMLAH KREDIT	13.0	
SEMESTER 6				
	KOD	KURSUS	JAM KREDIT	JENIS KURSUS
29.	SPS523	Sport Injury Care and Safety	4.0	KURSUS UTAMA
30.	SRT421	Sociology of Sport	3.0	KURSUS UTAMA
31.	SPS459	Promotion of Exercise and Health	3.0	KURSUS UTAMA

32.	SMG402	Managing Sports Organizations	3.0	KURSUS UTAMA
JUMLAH KREDIT			13	
SEMESTER 7				
	KOD	KURSUS	JAM KREDIT	JENIS KURSUS
33.	SRT666	Statistics in Behavioural Sciences and Sport	3.0	KURSUS UTAMA
34.	SRT656	Research Methodology in Behavioural Sciences and Sport	4.0	KURSUS UTAMA
35.	SMG609	Professional Ethics and Policy Issues in Sport	3.0	KURSUS UTAMA
36.	SPS457	Swimming	2.0	KURSUS BUKAN UTAMA
JUMLAH KREDIT			12.0	
SEMESTER 8				
37.	MKT558	Digital Marketing	3.0	KURSUS UTAMA
38.	SPS625	Performance Analysis	3.0	KURSUS UTAMA
39.	SPS543	Exercise Psychology	3.0	KURSUS UTAMA
40.	SPS652	Sports for Person with Disabilities	3.0	KURSUS UTAMA
41.	ENT600	Technology Entrepreneurship	3.0	KURSUS UTAMA
JUMLAH KREDIT			15.0	
SEMESTER 9				
	KOD	KURSUS	JAM KREDIT	JENIS KURSUS
42.	SRW690	Research Project in Sport and Recreation	6.0	KURSUS UTAMA
43.	SRW699	Industrial Training	6.0	KURSUS UTAMA
JUMLAH KREDIT			12.0	

**dikemaskini pada mac 2021*

JUMLAH KESELURUHAN KREDIT: 122