



UNIVERSITI TEKNOLOGI MARA

PELAN PENGAJIAN PROGRAM e-PJJ

DIPLOMA IN SPORTS STUDIES (SR113)

SEMESTER 1

BIL	KOD	KURSUS	JAM KREDIT	JENIS KURSUS
1.	CTU101/IDA102	FUNDAMENTAL OF ISLAM/ MAN AND RELIGION	2.0	KURSUS UTAMA
2.	ELC121	INTERGRATED LANGUAGE SKILLS: LISTENING	3.0	KURSUS UTAMA
3.	UED102	STUDY SKILLS	0.0	KURSUS BUKAN UTAMA
4.	SPS105	IT ESSENTIAL FOR SPORT	3.0	KURSUS UTAMA
5.	SMG103	INTRODUCTION TO SPORT MANAGEMENT	3.0	KURSUS UTAMA
6.	SPS106	ELECTIVE 1: PROFESSIONAL ACTIVITY: SWIMMING	2.0	KURSUS BUKAN UTAMA
JUMLAH KREDIT			13.0	

SEMESTER 2

KOD	KURSUS	JAM KREDIT	JENIS KURSUS	
7.	SPS113	INTRODUCTION TO ANATOMY AND PHYSIOLOGY OF HUMAN MOVEMENT	4.0	KURSUS UTAMA
8.	CTU152/IDA153	ISLAMIC THOUGHT AND CIVILIZATION/ISLAM AND DEVELOPMENT	2.0	KURSUS UTAMA
9.	ELC151	INTERGRATED LANGUAGE SKILLS: READING	3.0	KURSUS UTAMA
10.	SMG161	OUTDOOR RECREATION SKILLS AND MANAGEMENT	4.0	KURSUS UTAMA
JUMLAH KREDIT			13.0	

SEMESTER 3

KOD	KURSUS	JAM KREDIT	JENIS KURSUS	
11.	SPS232	SPORT SOCIOLOGY	3.0	KURSUS UTAMA
12.	ELC231	INTEGRATED LANGUAGE SKILLS: WRITING	3.0	KURSUS UTAMA
13.	SPS210	FUNDAMENTAL OF SPORT PSYCHOLOGY	3.0	KURSUS UTAMA
14.	SPS135	ELECTIVE 2: INTRODUCTION TO KINESIOLOGY	3.0	KURSUS BUKAN UTAMA
15.	HBU111	KESATRIA NEGARA 1	1.0	KURSUS BUKAN UTAMA
JUMLAH KREDIT			13.0	

SEMESTER 4

KOD	KURSUS	JAM KREDIT	JENIS KURSUS	
16.	SPE252	UNDERSTANDING SPORT COMPETITIVE	4.0	KURSUS UTAMA
17.	SPS180	INTRODUCTION TO EXERCISE PHYSIOLOGY	3.0	KURSUS UTAMA
18.	SPS298	ELECTIVE 3: SKILL ACQUISITION	3.0	KURSUS BUKAN UTAMA
19.	HBU121	KESATRIA NEGARA II	1.0	KURSUS BUKAN UTAMA
20.	CTU266/1DA202	ISLAM AND SPORT MANAGEMENT/ISLAMIC SOCIETY	2.0	KURSUS UTAMA
JUMLAH KREDIT			13.0	

SEMESTER 5

	KOD	KURSUS	JAM KREDIT	JENIS KURSUS
21.	SPS220	NUTRITION FOR EXERCISE AND HEALTH	3.0	KURSUS UTAMA
22.	SPS260	FUNDAMENTAL OF SPORT BIOMECHANICS	3.0	KURSUS UTAMA
23.	SPS217	TEST, MEASUREMENT AND EVALUATION IN EXERCISE AND SPORT	3.0	KURSUS UTAMA
24.	SPS270	INJURY PREVENTION AND SPORT SAFETY	3.0	KURSUS UTAMA
25.	HBU131	KESATRIA NEGARA III	1.0	KURSUS BUKAN UTAMA
		JUMLAH KREDIT	13.0	
SEMESTER 6				
	KOD	KURSUS	JAM KREDIT	JENIS KURSUS
26.	ENT300	FUNDAMENTAL OF ENTREPRENEURSHIP	3.0	KURSUS UTAMA
27.	SPS245	EXERCISE METHODOLOGY AND PHYSICAL CONDITIONING FOR SPORT	4.0	KURSUS UTAMA
28.	SPS290	FUNDAMENTAL OF EXERCISE REHABILITATION	3.0	KURSUS UTAMA
29.	SPS253	ELECTIVE 4: FITNESS AND GROUP EXERCISE PROGRAMMING	3.0	KURSUS BUKAN UTAMA
		JUMLAH KREDIT	13.0	
SEMESTER 7				
	KOD	KURSUS	JAM KREDIT	JENIS KURSUS
30.	SPS280	METHODOLOGY OF SPORT TRAINING AND COACHING	3.0	KURSUS UTAMA
31.	SPS160	HEALTH PROMOTION AND WELLNESS	3.0	KURSUS UTAMA
32.	SPS399	INDUSTRIAL TRAINING	6.0	KURSUS UTAMA
		JUMLAH KREDIT	12.0	

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JUMLAH KESELURUHAN KREDIT: 90