



UPNM
National Defence University of Malaysia
Kewajipan • Maruah • Integriti

**BUKU PANDUAN AKADEMIK
SARJANA MUDA SAINS
KETANGKASAN PERTAHANAN
SESI 2024/2025**

AKADEMI KECERGASAN PERTAHANAN

UNIVERSITI PERTAHANAN NASIONAL MALAYSIA

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UNIVERSITI PERTAHANAN NASIONAL MALAYSIA

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UNIVERSITI PERTAHANAN NASIONAL MALAYSIA

**BUKU PANDUAN AKADEMIK SARJANA MUDA
SESI 2024/2025**

I

KATA-KATA ALUAN NAIB CANSOLOR



Assalamualaikum Warahmatullahi Wabarakatuh dan Salam Sejahtera.

Dengan rasa bangga, saya bagi pihak seluruh warga Universiti Pertahanan Nasional Malaysia (UPNM), ingin mengucapkan selamat datang dan setinggi-tinggi tahniah atas kejayaan saudara dan saudari melanjutkan pengajian di UPNM, Universiti yang begitu dikenali dengan keunikan persekitaran alam akademik kontemporari yang disulami keteguhan disiplin.

Kejayaan saudara dan saudari ini tentunya membawa makna yang begitu besar kepada diri sendiri, keluarga dan negara. UPNM turut berbesar hati kerana menjadi sebahagian daripada entiti pencorak hala tuju serta perjalanan saudara dan saudari dalam membina potensi diri, baik dalam aspek akademik mahu pun kepimpinan. Justeru, kehadiran saudara dan saudari di UPNM merupakan langkah yang tepat kerana anda berpeluang untuk merasai pengalaman pembelajaran yang menyeronokkan serta proses pengajaran dan pembelajaran (PdP) berkualiti tinggi yang digarap dengan nilai-nilai intelek dan sahsiah bagi mempersiapkan diri sebagai graduan yang berdaya saing, berkualiti, inovatif dan kreatif.

Garapan sistem pengajian di UPNM merangkumi pelbagai aspek bagi menyediakan serta memastikan saudara dan saudari memiliki keupayaan tinggi untuk bersaing di alam pekerjaan kelak. Begitu juga, sistem pengajian yang terangkum ini bakal menjadikan anda sebagai seorang graduan yang memiliki ciri-ciri 'Intellectual Leaders of Character' yang bakal mengisi keperluan kepimpinan negara bagi tujuan kelangsungan pembangunan di masa hadapan.

Seluruh warga UPNM amat berkeyakinan, saudara dan saudari pasti beroleh kejayaan gemilang dengan dituntuni nilai-nilai murni, jati diri yang teguh, serta kepercayaan dan komitmen sebagai ahli masyarakat yang tegar semangatnya untuk berbakti dengan sepenuh jiwa raga demi kemaslahatan agama, bangsa dan negara Malaysia tercinta.

Oleh itu, tanamkanlah tekad dan kuatkan azam, teruskan usaha gigih dan jadikanlah segala cabaran sepanjang pengajian saudara dan saudari sebagai pemangkin semangat untuk menjadi graduan yang cemerlang dunia dan akhirat.

Akhir kata, Selamat Memulakan Pengajian dan Selamat Maju Jaya.

Sekian dan salam hormat.

"KEWAJIPAN, MARUAH, INTEGRITI"

DATUK MARDZUKI BIN MUHAMMAD
Leftenan Jeneral
Naib Canselor

VISI, FALSAFAH, MISI DAN OBJEKTIF

VISI

Menjadi universiti pertahanan *premier* di rantau ini untuk pendidikan, latihan dan penciptaan ilmu.

FALSAFAH

Sebagai sebuah institusi nasional *premier* berdedikasi dalam menghasilkan pemimpin berintelektual yang menyerlah serta bersifat terpuji dan komited untuk berbakti sepenuhnya kepada negara dalam menjayakan kelangsungan kepentingan strategik negara.

MISI

UPNM komited mencapai kecemerlangan perkhidmatan kepada negara sebagai sebuah universiti pertahanan *premier* dalam kepimpinan dan pembangunan profesional, penciptaan ilmu, penyebaran ilmu pengetahuan dan aplikasi sains pertahanan dan teknologi, dan juga penyelidikan polisi.

OBJEKTIF

1. Menyediakan asas pengetahuan yang kukuh dan seimbang dalam bidang kemanusiaan, pengurusan, sains dan teknologi, serta menerap daya usaha intelektual melalui pengajaran, pembelajaran, penyelidikan dan usaha kesarjanaan yang bertaraf antarabangsa.
2. Menanam semangat kesetiaan dan patriotisme yang tinggi untuk berbakti kepada negara dengan berbekalkan ilmu, kemahiran serta kecekapan asas ketenteraan.
3. Membangunkan warga yang mempunyai tanggungjawab sosial dengan berteraskan kepada unsur-unsur kerohanian, etika budaya dan moral yang terpuji.
4. Membentuk pemimpin masa depan yang memahami, menghayati, dan mempunyai sikap toleransi terhadap kepelbagaian etnik, budaya dan agama.
5. Membekalkan pemimpin masa depan dengan kebolehan berkomunikasi dan
6. Menjadi pusat kecemerlangan dalam bidang teknologi pertahanan, ekonomi dan diplomasi, hal ehwal ketenteraan serta pengajian keselamatan.

MOTO

KEWAJIPAN, MARUAH, INTEGRITI
(Duty, Honour, Integrity)

LOGO UNIVERSITI



Logo UPNM mempunyai dua lapisan berbentuk bulat menggambarkan kebulatan tekad dan kesatuan semangat graduan UPNM dalam menyempurnakan tanggungjawab mempertahankan negara selepas tamat pengajian dimana ini adalah satu komitmen yang tidak berbelah bahagi untuk mempertahankan tanah air dan semua kepentingan-kepentingan strategiknya. Warna biru yang mengelilingi lapisan luaran logo melambangkan keamanan juga mewakili komitmen negara untuk mempertahankan, mengekal dan mempromosi keamanan, serta menekankan komitmen UPNM untuk menyokong keamanan melalui pendidikan. Komponen-komponen penting Angkatan Tentera Malaysia (ATM) diletakkan di tengah-tengah logo UPNM dengan latar belakang tiga warna perkhidmatan Tentera Darat Malaysia, Tentera Laut Diraja Malaysia dan Tentera Udara Diraja Malaysia yang membawa makna bahawa kepentingan ATM adalah sangat dominan. Sementara lingkaran bunga padi berwarna kuning sebagai lambang asas budaya Malaysia yang subur serta memiliki raja yang berdaulat dan baginda ditaati sepanjang masa. NDUM — Singkatan nama universiti dalam Bahasa Inggeris (*National Defence University of Malaysia*) dipaparkan di bahagian atas di antara pertemuan dua bunga padi. Ini juga melambangkan bahawa universiti ini sebuah institusi pengajian tinggi dipersada antarabangsa. Angka 2006 merupakan tahun pembukaan universiti diletakkan bertentangan perkataan NDUM di bawah logo. Bunga raya yang juga bunga kebangsaan Malaysia melambangkan bunga rasmi universiti dan kerana Malaysialah universiti ini ditubuhkan.

COKMAR UNIVERSITI



Cokmar UPM adalah berasaskan Pedang *Zulfaqar* yang pernah diberikan oleh Nabi Muhammad S.A.W kepada menantunya Sayyidina Ali bin Abi Talib Karramullah Wajha ketika Perang Uhud.

Pedang *Zulfaqar* yang panjangnya 5 kaki adalah diperbuat daripada logam perak dengan campuran besi dan bersalut emas. Petikan ayat 60 surah Al-Anfal (*Maksudnya,” Dan persiapkanlah dengan segala kemampuan untuk menghadapi musuh dengan kekuatan yang kamu miliki”*) ditatahkan pada kedua belah mata pedang. Bahagian hujung sarung *Zulfaqar* dihiasi dengan batu manikam (*topaz*) berwarna kuning diraja khusus bagi melambangkan kedaulatan raja-raja Melayu. Ini diikuti dengan batu delima (*ruby*) yang memancarkan cahaya warna merah cili yang melambangkan Tentera Darat Malaysia. Manakala batu nilam (*sapphire*) berwarna biru tua melambangkan Tentera Laut Diraja Malaysia dan batu nilam berwarna biru muda melambangkan Tentera Udara Diraja Malaysia.

Logo universiti yang diperbuat daripada emas tulen dilekatkan pada bahagian tengah hulu pedang. Jaluran motif daun sireh dan bunga raya menyaluti sebahagian besar sarung pedang yang memancarkan maksud kehalusan budi yang menjadi teras yang dipertahankan di universiti ini. Sesungguhnya paduan bilah pedang, ayat daripada Al-Quran dan kilauan batu-batu galian bernilai tinggi adalah manifestasi paduan falsafah ilmu yang tinggi dan kehadiran semangat juang yang tidak luntur di kalangan warga universiti.

LATAR BELAKANG

UNIVERSITI PERTAHANAN NASIONAL MALAYSIA

Sejarah Universiti Pertahanan Nasional Malaysia (UPNM) bermula dengan penubuhan Akademi Tentera Malaysia (ATMA) pada 1 Jun 1995 sebagai organisasi yang bertanggungjawab menjalankan program pengajian di peringkat sarjana muda dan latihan ketenteraan kepada Pegawai Kadet Angkatan Tentera Malaysia (ATM). Peranan ATMA diperluaskan dengan menjadikannya sebagai UPNM yang diwartakan pada 10 November 2006.

Walaupun UPNM memulakan pengambilan kumpulan pertama pelajarnya pada sesi 2007/2008, sebenarnya ia telah mempunyai pengalaman mengendalikan program pengajian di peringkat sarjana muda selama 11 tahun iaitu dari tahun 1995 hingga 2006 melalui program kerjasama antara Kementerian Pertahanan Malaysia dengan Universiti Teknologi Malaysia.

UPNM telah ditubuhkan oleh Kerajaan Malaysia pada 21 Jun 2006 bagi mengeluarkan graduan tentera dan awam untuk keperluan pertahanan negara. Pengambilan pelajar adalah terdiri daripada pelajar kadet tajaan Kementerian Pertahanan Malaysia dan pelajar awam. Perintah pemerbadanan UPNM telah berkuatkuasa pada 10 November 2006 untuk mewujudkan sebuah universiti. Pengajian akademik telah bermula pada sesi 2007/2008 dengan tiga fakulti iaitu Fakulti Kejuruteraan, Fakulti Sains dan Teknologi Pertahanan, Fakulti Pengajian dan Pengurusan Pertahanan dan satu pusat iaitu Pusat Asasi Pertahanan. Satu lagi fakulti telah diluluskan penubuhannya oleh Kementerian Pengajian Tinggi pada 19 Mac 2009 iaitu Fakulti Perubatan dan Kesihatan Pertahanan.

KEHIDUPAN SEBAGAI PELAJAR DI UPNM

Kehidupan sebagai pelajar di UPNM berorientasikan disiplin yang tinggi. Semua pelajar UPNM akan menginap di dalam kampus kerana UPNM mempunyai kemudahan asrama yang mencukupi untuk menampung semua pelajar tertakluk kepada syarat-syarat khas yang ditetapkan oleh Universiti. Pegawai Kadet UPNM adalah diwajibkan menyertai latihan ketenteraan manakala Pelajar Awam perlu mengikuti Latihan PALAPES. Latihan yang dijalankan ini bertujuan untuk melahirkan graduan UPNM yang bukan sahaja mempunyai pengetahuan yang tinggi malah mempunyai kekuatan fizikal yang jitu bagi menempuh alam pekerjaan kelak.

Pelajar UPNM akan menjalani kehidupan rejimental dan berdisiplin berbeza daripada yang dilalui oleh pelajar Universiti Awam (UA) lain. Walau bagaimanapun, kehidupan yang berdisiplin ini telah disusun dan dikawal bagi memastikan pelajar-pelajar UPNM sentiasa berada dalam keadaan disiplin yang tinggi.

Selain itu, waktu kuliah telah ditetapkan mulai jam 8.00 pagi hingga 4.00 petang setiap hari Isnin hingga Jumaat. Manakala pada waktu petang, semua pelajar diwajibkan berada di padang untuk bersukan. Pada waktu malam pula, pelajar UPNM akan mengikuti kelas ganti (sekiranya ada) ataupun mengulang kaji pelajaran. Kesemua jadual harian perlu dipatuhi oleh semua pelajar iaitu Pegawai Kadet/PALAPES dan Pelajar Awam.

**PENTADBIRAN UNIVERSITI PERTAHANAN NASIONAL
MALAYSIA**

**BUKU PANDUAN AKADEMIK SARJANA MUDA
SESI 2024/2025**

SENAT UNIVERSITI

Pengerusi

1. **YBhg. Lt Jen Mardzuki Bin Muhammad**
Naib Canselor

Ahli Tetap

1. **YBhg. Prof. Dato' Ts. Dr. Ahmad Mujahid bin Ahmad Zaidi**
Timbalan Naib Canselor (Akademik dan Antarabangsa)
2. **YBhg. Lt Kol Prof. Ts. Dr. Muhd Zuazhan bin Yahya**
Timbalan Naib Canselor (Hal Ehwal Pelajar dan Alumni)
3. **YBhg. Prof. Ts. Dr. Hj. Azizi bin Miskon**
Timbalan Naib Canselor (Penyelidikan dan Inovasi)
4. **Puan Fazelah binti Mohamad**
Pendaftar, Pejabat Pendaftar
5. **Encik Mohd Hairay bin Md Yusof**
Bendahari, Pejabat Bendahari
6. **Encik Mohammed Dzulkarnain bin Abdul Karim**
Ketua Pustakawan, Perpustakaan Jeneral Tun Ibrahim
7. **Lt Kol Hanif bin Zakaria (Bersara)**
Penasihat Undang-Undang, Pejabat Naib Canselor
8. **YBhg. Kol Prof. Dr. Khairol Amali bin Ahmad (Bersara)**
Dekan, Fakulti Pengajian dan Pengurusan Pertahanan
9. **YBhg. Brig Jen Idris bin A. Wahab TUDM**
Komandan, Akademi Latihan Ketenteraan
10. **Prof. Dr. Aidy Bin Ali**
Dekan, Pusat Pengajian Siswazah
11. **Lt. Kol Prof. Madya Ariffin bin Ismail (Bersara)**
Dekan, Fakulti Pengajian dan Pengurusan Pertahanan
12. **Prof. Madya Dr. Mohd Taufik bin Jusoh @ Tajudin**
Dekan, Fakulti Kejuruteraan
13. **Lt Kdr Prof. Madya Ts. Dr. Mohd Norsyarizad bin Razali TLDM (Bersara)**
Dekan, Fakulti Sains dan Teknologi Pertahanan
14. **YBhg. Brig Jen Dr. Mohd Arshil bin Moideen**
Dekan, Fakulti Perubatan dan Kesihatan Pertahanan

- 15. Prof. Ts. Dr. Norhana binti Abdul Halim**
Pengarah, Pusat Asasi Pertahanan
- 16. Prof. Dr. Jowati binti Juhary**
Pengarah, Pusat Bahasa
- 17. Dr. Shahrulfadly bin Rustam**
Pengarah, Akademi Kecergasan Pertahanan
- 18. Lt Kol Prof. Madya Dr. S. Ananthan a/I Subramaniam (Bersara)**
Pengarah, Institut pengajian Eksekutif UPNM (NIEEd)
- 19. Lt. Kol. Prof. Dr. Victor Feizal b Knight Victor Ernest@Abd Shatar**
Pengarah, Pusat Penyelidikan Pertahanan Kimia Merangkap Pengarah Kanan,
Institut Penyelidikan Pertahanan (DRI)
- 20. Prof Dr. Risby bin Mohd Sohaimi**
Timbalan Dekan, Pusat Pengajian Siswazah
- 21. Prof. Dr. Hj. Hasan Al Banna bin Mohamed**
Pengarah Kanan, Bahagian Pengurusan Projek dan Perancangan Strategi
- 22. Ybhg. Prof. Emeritus Dato' Dr. Wan Md Zin bin Wan Yunus**
Profesor, Fakulti Sains dan Teknologi Pertahanan
- 23. Prof. Dr. Megat Mohamad Hamdan bin Megat Ahmad**
Profesor, Fakulti Kejuruteraan

Ahli Turut Hadir

- 1. Prof. Madya Dr. Ummul Fahri binti Abdul Rauf**
Pengarah, Bahagian Jaminan Kualiti dan Pengurusan Data
- 2. Lt Kol Ir. Shahrul bin Sahusi (Bersara)**
Pengarah, Jabatan Pembangunan dan Penyelenggaraan
- 3. Prof. Madya Dr. Muhammad Faiz bin Md Din**
Pengarah, Pusat Pembangunan Akademik
- 4. Lt Kol Hamzan bin Abdul Jamil (Bersara)**
Pengarah/Ketua Pegawai Digital (CDO)
Bahagian Teknologi Maklumat dan Komunikasi
- 5. Mej. Salwana binti Arsad**
Pembantu Ketenteraan Naib Canselor

Urus Setia

- 1. Encik Mohd Khaidzir bin Lokman**
Penolong Pendaftar Kanan, Bahagian Pengurusan Akademik dan Pengijazahan
- 2. Encik Ahmad Rabani bin Borhan**
Penolong Pendaftar, Bahagian Pengurusan Akademik
- 3. Puan Suzanah binti Sengoot**
Penolong Pegawai Tadbir Kanan, Bahagian Pengurusan Akademik

PENGURUSAN TERTINGGI

1. **YBhg. Leftenan Jeneral Mardzuki bin Muhammad**
Naib Canselor
2. **YBhg. Lt Kol Prof. Ts. Dr. Muhd Zu Azhan bin Yahya**
Timbalan Naib Canselor (Hal Ehwal Pelajar dan Alumni)
3. **YBhg. Prof. Ts. Dr. Haji Azizi bin Miskon**
Timbalan Naib Canselor (Penyelidikan dan Inovasi)
4. **Puan Fazielah binti Mohamad**
Pendaftar, Pejabat Pendaftar
5. **Encik Mohd Hairay bin Md Yusof**
Bendahari, Pejabat Bendahari
6. **Encik Mohammed Dzulkarnain bin Abdul Karim**
Ketua Pustakawan, Perpustakaan Jeneral Tun Ibrahim
7. **Lt Kol Ir. Shahrul bin Sahusi (Bersara)**
Pengarah, Jabatan Pembangunan dan Penyelenggaraan
8. **YBhg. Kol Prof. Dr. Khairol Amali bin Ahmad (Bersara)**
Penolong Naib Canselor (Penyelidikan dan Inovasi)
9. **Prof. Dato' Dr. Norhasni binti Zainal Abidin**
Penolong Naib Canselor (Pembangunan & Kualiti Akademik)
10. **YBhg. Brig Jen Idris bin A. Wahab TUDM**
Komandan, Akademik Latihan Ketenteraan
11. **Lt Kol Ir Shahrul bin Sahnusi (Bersara)**
Pengarah, Jabatan Pembangunan & Penyelenggaraan

MAKLUMAT AKADEMIK

BUKU PANDUAN AKADEMIK SARJANA MUDA SESI 2024/2025

KALENDAR AKADEMIK SESI AKADEMIK 2024/2025



KALENDAR AKADEMIK PROGRAM PENGAJIAN ASASI, DIPLOMA DAN SARJANA MUDA SESI 2023/2024

PROGRAM PENGAJIAN ASASI			
SEMESTER I, SESI AKADEMIK 2023/2024			
23 JULAI 2023	Pendaftaran Pelajar Baharu Program Pengajian Asasi	1 Hari	
23 JUL – 28 JUL 2023	Minggu Orientasi / Minggu Perkasa Jati Diri (MPJD)	1 Minggu	
31 JUL – 15 SEPT 2023	Kuliah Semester I	7 Minggu	31 Ogos 23 (Khamis) - Hari Kebangsaan
16 SEPT – 24 SEPT 2023	Cuti Pertengahan Semester I	1 Minggu	16 Sept 23 (Sabtu) – Hari Malaysia
25 SEPT – 10 NOV 2023	Kuliah Semester I	7 Minggu	28 Sept 23 (Khamis) – Maulidur Rasul
11 NOV – 19 NOV 2023	Cuti Ulang Kaji	1 Minggu	12 Nov 23 (Ahad) – Deepavali
20 NOV – 8 DIS 2023	Peperiksaan Akhir Semester I	3 Minggu	
09 DIS – 31 DIS 2023	Cuti Akhir Semester I	3 Minggu	25 Dis 23 (Isnin) – Krismas
SEMESTER II, SESI AKADEMIK 2023/2024			
01 JAN 2024 – 16 FEB 2024	Kuliah Semester II	7 Minggu	01 Jan 24 (Isnin) – Tahun Baru 25 Jan 24 (Khamis) – Thaipusam 01 Feb 24 (Khamis) – Hari Wilayah Persekutuan 10 & 11 Feb 24 (Sabtu & Ahad) – Tahun Baru Cina 12 Feb 24 (Isnin) – Cuti Gantian Tahun Baru Cina
17 FEB – 25 FEB 2024	Cuti Pertengahan Semester II	1 Minggu	
26 FEB – 12 APRIL 2024 01 APRIL – 09 APRIL 2024	Kuliah Semester II (DALAM TALIAN)	7 Minggu	28 Mac 24 (Khamis) - Hari Nuzul Quran 10 & 11 April 24 (Rabu & Khamis) – Hari Raya Aidilfitri
13 APRIL – 21 APRIL 2024	Cuti Ulang Kaji	1 Minggu	
22 APRIL – 10 MEI 2024	Peperiksaan Akhir Semester II	3 Minggu	1 Mei 24 (Rabu) – Hari Pekerja
11 MEI – SEPT 2024	Cuti Akhir Semester II	4 Bulan	22 Mei 24 (Rabu) – Hari Wesak 03 Jun 24 (Isnin) - Hari Keputeraan Agong 17 Jun 24 (Isnin) – Hari Raya Aidiladha 07 Julai 24 (Ahad) – Awal Muharam 31 Ogos 24 (Sabtu) – Hari Kebangsaan 16 Sept 24 (Isnin) – Maulidur Rasul 16 Sept 24 (Isnin) – Hari Malaysia
PROGRAM DIPLOMA (SEMESTER PENDEK PERMULAAN)			
23 JULAI 2023	Pendaftaran Pelajar Baharu Program Pengajian Asasi	1 Hari	
23 JUL – 28 JUL 2023	Minggu Orientasi / Minggu Perkasa Jati Diri (MPJD)	1 Minggu	
31 JUL – 15 SEPT 2023	Kuliah Semester I	7 Minggu	31 Ogos 23 (Khamis) - Hari Kebangsaan
18 SEPT – 22 SEPT 2023	Peperiksaan Akhir Semester Pendek Permulaan	1 Minggu	
PROGRAM SARJANA MUDA DAN DIPLOMA			
SEMESTER I, SESI AKADEMIK 2023/2024			
01 OKTOBER 2023	Pendaftaran Pelajar Baharu Program Sarjana Muda	1 Hari	
01 OKT – 06 OKT 2023	Minggu Orientasi/Minggu Perkasa Jati Diri (MPJD)	1 Minggu	
09 OKT – 24 NOV 2023	Kuliah Semester I	7 Minggu	12 Nov 23 (Ahad) – Deepavali 13 Nov 23 (Isnin) – Cuti Gantian Deepavali
25 NOV – 03 DIS 2023	Cuti Pertengahan Semester I	1 Minggu	
04 DIS 2023 – 19 JAN 2024	Kuliah Semester I	7 Minggu	25 Dis 23 (Isnin) – Krismas 01 Jan 24 (Isnin) – Tahun Baru
20 JAN – 28 JAN 2024	Cuti Ulang Kaji	1 Minggu	25 Jan 24 (Khamis) – Thaipusam
29 JAN – 16 FEB 2024	Peperiksaan Akhir Semester I	3 Minggu	01 Feb 24 (Khamis) – Hari Wilayah Persekutuan 10 & 11 Feb 24 (Sabtu & Ahad) - Tahun Baru Cina 12 Feb 24 (Isnin) – Cuti Gantian Tahun Baru Cina
17 FEB – 10 MAC 2024	Cuti Akhir Semester I Latihan Ketenteraan Umum (Thn. 3-4) – ALK Latihan Ketenteraan Perkhidmatan (Thn. 1, 2 & FPKP) – ALK	3 Minggu	
24 FEB – 10 MAC 2024	Latihan Kem Tahunan PALAPES (Thn. 1-3, Thn. 4 FKJ)	2 Minggu	
SEMESTER II, SESI AKADEMIK 2023/2024			
11 MAC – 29 MAC 2024	Kuliah Semester II	3 Minggu	28 Mac 24 (Khamis) - Hari Nuzul Quran
01 APRIL – 05 APRIL 2024	Kuliah Semester II (DALAM TALIAN)	1 Minggu	
06 APRIL – 14 APRIL 2024	Cuti Pertengahan Semester II	1 Minggu	10 & 11 April 24 (Rabu & Khamis) – Hari Raya Aidilfitri
15 APRIL – 21 JUN 2024	Kuliah Semester II	10 Minggu	1 Mei 24 (Rabu) – Hari Pekerja 22 Mei 24 (Rabu) – Hari Wesak 03 Jun 24 (Isnin) - Hari Keputeraan Agong 17 Jun 24 (Isnin) – Hari Raya Aidiladha
22 JUN – 30 JUN 2024	Cuti Ulang Kaji	1 Minggu	
01 JULAI – 19 JULAI 2024	Peperiksaan Akhir Semester II	3 Minggu	07 Julai 24 (Ahad) – Awal Muharam 08 Julai 24 (Isnin) – Cuti Gantian Awal Muharam
20 JULAI – 30 SEPT 2024	Cuti Akhir Tahun Akademik	10 Minggu	31 Ogos 24 (Sabtu) – Hari Kebangsaan 16 Sept 24 (Isnin) – Maulidur Rasul 16 Sept 24 (Isnin) – Hari Malaysia
SEMESTER PENDEK, SESI AKADEMIK 2023/2024 (PELAJAR TAHUN 1 & 2 SAHAJA)			
22 JULAI – 06 SEPT 2024	Kuliah Semester Pendek	7 Minggu	31 Ogos 24 (Sabtu) – Hari Kebangsaan
09 SEPT – 13 SEPT 2024	Peperiksaan Semester Pendek	1 Minggu	
14 SEPT – 30 SEPT 2024	Cuti Akhir Semester	2 Minggu	16 Sept 24 (Isnin) – Hari Malaysia
20 JULAI – 30 SEPT 2024	Pra Latihan Ketenteraan Tahun Akhir (Pra UKTA) – ALK	2 Bulan	
01 OKT 24 – 31 MAC 2025	Latihan Ketenteraan Tahun Akhir (UKTA) – ALK	6 Bulan	
01 DIS 24 – 31 MAC 2025	Latihan Ketenteraan Tahun Akhir (UKTA) FPKP – ALK	4 Bulan	
20 JULAI – 28 JULAI 2024	Latihan Berterusan PALAPES (Thn. 1-3, Thn. 4 FKJ)	1 Minggu	

* Diluluskan oleh Mesyuarat Senat 102 Bil. 2/2023 pindaan KME Senat Bil. 1/2024

PENTADBIRAN AKADEMI KECERGASAN PERTAHANAN

**BUKU PANDUAN AKADEMIK SARJANA MUDA
SESI 2024/2025**

KATA-KATA ALUAN PENGARAH



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Assalamualaikum w.r.t. w.b.t dan Salam Sejahtera.

Tahniah diucapkan kepada saudara/saudari di atas kejayaan melanjutkan pengajian di peringkat Diploma Kecergasan Pertahanan, Universiti Pertahanan Nasional Malaysia, khususnya di Akademi Kecergasan Pertahanan.

Pertama sekali saya bersama-sama dengan semua warga Akademi Kecergasan Pertahanan ingin memanjatkan kesyukuran kepada Allah SWT kerana dengan izinNya Akademi Kecergasan Pertahanan telah berjaya menerbitkan Buku Panduan Akademik Program Diploma Kecergasan Pertahanan Sesi 2024/2025. Objektif utama buku panduan ini diterbitkan adalah untuk dijadikan bahan rujukan pelajar dalam mengenali Akademi Kecergasan Pertahanan dan serta program pengajian yang ditawarkan kerana salah satu asas bagi mencapai kecemerlangan ialah kebijaksanaan pelajar dalam merancang pengajian melalui pemilihan kursus yang sesuai dan memaksimumkan segala kemudahan yang disediakan oleh Universiti. Melalui buku ini pelajar dapat merancang pengajian akademik masing-masing berpandukan rancangan dan skema pengajian yang terkandung dalam buku ini.

Saya ingin merakamkan setinggi-tinggi penghargaan dan ucapan terima kasih kepada semua pihak yang terlibat secara langsung atau tidak langsung dalam penyediaan buku panduan ini. Akhir kata, sekali lagi saya mengucapkan tahniah dan saya berharap para pelajar dapat mengikuti program ini dengan jayanya.

Sekian.

DR. SHAHRULFADLY BIN RUSTAM
Pengarah
Akademi Kecergasan Pertahanan

AKADEMI KECERGASAN PERTAHANAN

VISI

Menjadi sebuah akademi berteraskan kecemerlangan sukan

MISI

Memberikan sumbangan kepada pembentukan dan pembangunan insan melalui program akademik, penyelidikan, perundingan dan pembangunan sukan berdasarkan kepada pendekatan saintifik

OBJEKTIF

- i. Mendidik pelajar menjadi seorang atlet, jurulatih, pegawai dan pengamal sukan dalam merealisasikan atribut 1Pelajar 1Sukan
- ii. Melahirkan pelajar yang kompeten dan mampu mengaplikasikan pengetahuan, kemahiran dan pengalaman dalam Sains Sukan dan Kecergasan Pertahanan.
- iii. Menyediakan pelajar menjadi seorang atlet, jurulatih, pegawai sukan atau pengamal sukan untuk meningkatkan kebolehpasaran pelajar.
- iv. Memperkasakan ilmu pengetahuan sains sukan kepada semua warga UPNM melalui aktiviti-aktiviti kecergasan dan kesihatan.
- v. Memperkasakan pengajian Sains Sukan dan Kecergasan Pertahanan melalui program pengajian pasca siswazah.
- vi. Menyumbang kepada pembangunan UPNM melalui program kolaborasi, penyelidikan dan konsultasi yang berkaitan dengan Sains Sukan dan Kecergasan Pertahanan

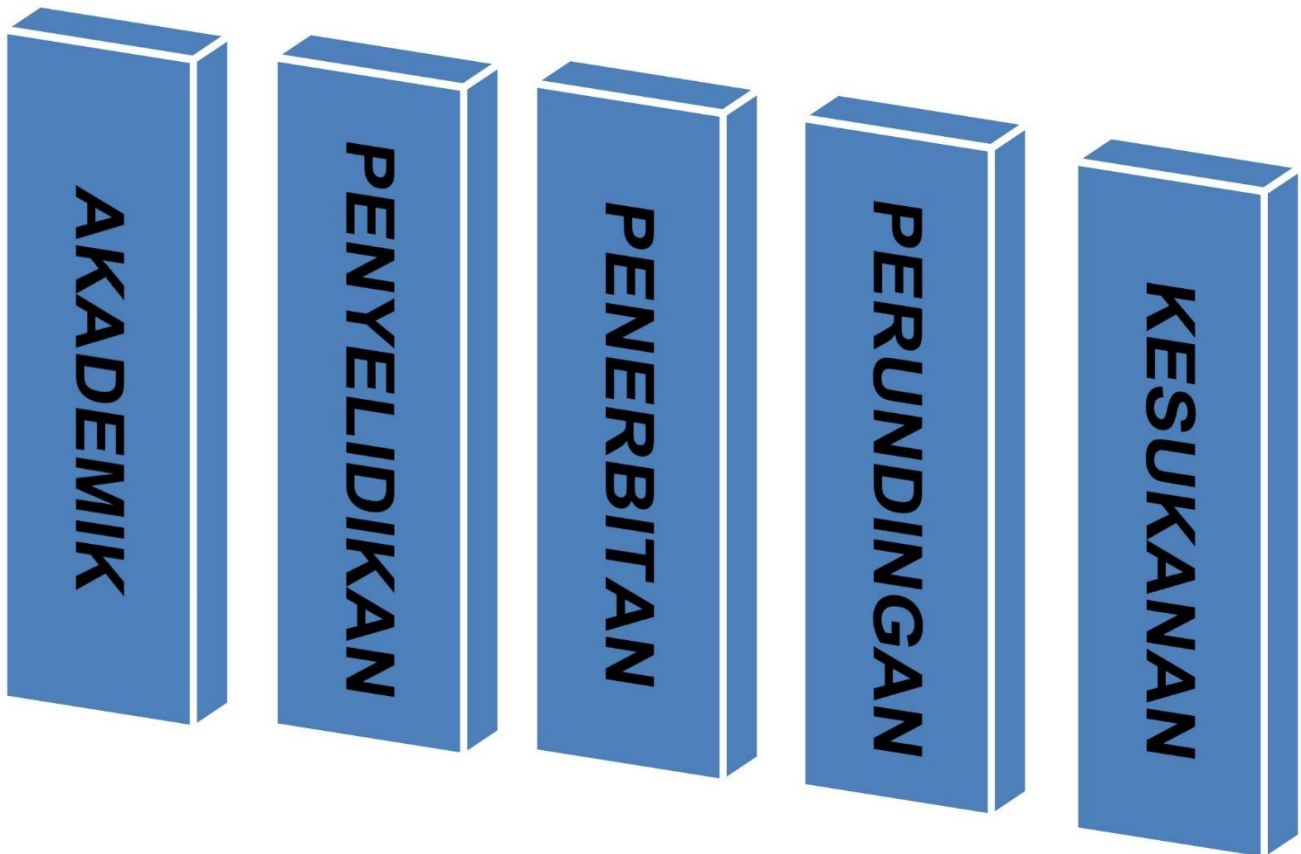
MOTO

“KECEMERLANGAN MELALUI KOMITMEN”

LATAR BELAKANG AKADEMI KECERGASAN PERTAHANAN

- Sejarah penubuhan Akademi Kecergasan Pertahanan (AKP) bermula dengan penubuhan Pusat Sains Kejurulatihan (PSK) pada tahun 2011. Kemudian, pada tahun 12 Februari 2018, PSK telah dinaik taraf kepada AKP dengan menggabungkan PSK dan Pusat Sukan UPNM.
- Penubuhan AKP adalah bertujuan memenuhi dan mengukuhkan niche UPNM iaitu *Leaders of Character* melalui pengajian sukan, pembangunan dan kecemerlangan atlet UPNM.
- Akademi ini juga menawarkan program pengajian sukan bermula dari Diploma sehingga ke peringkat Pasca Siswazah. AKP juga menawarkan kursus-kursus professional diperingkat persijilan dalam bidang Kejurulatihan, Kepegawaian Sukan, Urutan Sukan, Terapi Sukan dan Instruktur Kecergasan / Gimnasuim.
- Kesemua kursus-kursus ini sebagai nilai tambah untuk membolehkan pelajar-pelajar AKP mudah untuk mendapat pekerjaan selepas bergraduasi. Oleh itu matlamat AKP adalah untuk mendidik dan melatih pelajar-pelajar secara holistik agar mereka bersedia menghadapi cabaran kehidupan yang sebenar.
- Semua pelajar AKP digalakkan untuk memiliki sijil seperti berikut sebelum bergraduasi:
 - i) Sijil Urutan dalam Sukan
 - ii) Sijil Fisioterapi Sukan
 - iii) Sijil Jurulatih Sukan spesifik
 - iv) Sijil Kepegawaian Sukan

**5 TONGGAK
AKADEMI KECERGASAN PERTAHANAN**

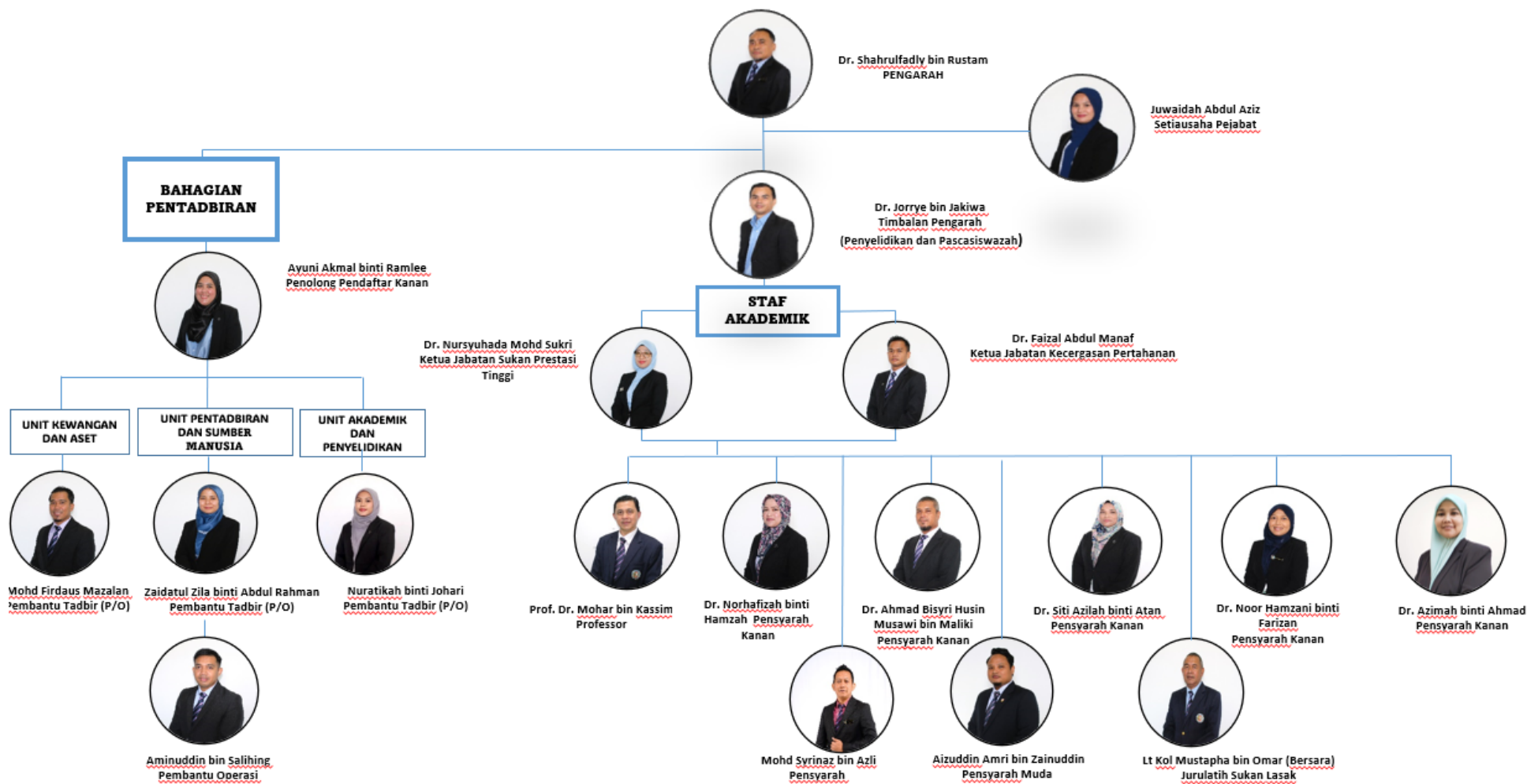


PROGRAM YANG DITAWARKAN

Program-program yang ditawarkan di bawah Akademi Kecergasan Pertahanan adalah seperti berikut:

- Diploma Kecergasan Pertahanan (Sepenuh Masa)
- Diploma Kecergasan Pertahanan (Secara Modular-APEL C)
- Sarjana Muda Sains Ketangkasan Pertahanan (Sepenuh Masa)
- Sarjana Sains (Sains Kejurulatihan) Mod Penyelidikan
- Sarjana Sains Kecergasan (Mod Kerja Kursus)
- Doktor Falsafah (Sains Sukan)

CARTA ORGANISASI AKADEMI KECERGASAN PERTAHANAN



**SENARAI STAF PENGURUSAN DAN PENTADBIRAN
AKADEMI KECERGASAN PERTAHANAN**

**PENGARAH
AKADEMI KECERGASAN PERTAHANAN**

Dr. Shahrulfadly bin Rustam
Ph.D Sports Science (UPNM)
MSc. Sports Science with Education (UPSI)
B. Sc (Hons.) Sports Science (UM)



**TIMBALAN PENGARAH
PENYELIDIKAN & PASCASISWAZAH**

Dr. Jorrye bin Jakiwa
Ph.D Sports Science (UMS)
M.Ed. Sports Science (UPM)
B. Sc (Hons.) Forestry Science (UPM)



KETUA JABATAN SUKAN PRESTASI TINGGI

Dr. Nursyuhada binti Mohd Sukri
Ph.D Health Exercise Physiology (Bath, UK)
M.Sc. Sports Science (USM)
B. Sc (Hons.) Exercise Sports Science (USM)



KETUA JABATAN KECERGASAN PERTAHANAN

Dr. Faizal bin Abdul Manaf
Ph.D Sport Nutrition (Murdoch, Australia)
M.Sc. Sports Science (USM)
B. Sc (Hons.) Biology (UPM)



PENOLONG PENDAFTAR KANAN

Puan Ayuni Akmal binti Ramlee
*Bachelor (Hons) of Communication
(Corporate Communication), UPM*



SETIAUSAHA PEJABAT

Puan Juwaidah binti Aziz
*Bachelor (Hons.) Public Management (Hons) (UUM)
Dip. of Secretarial Science (PSIS)*



PEMBANTU TADBIR (P/O)

Cik Noor Zaidatul Zila binti Abdul Rahman



PEMBANTU TADBIR (P/O)

Encik Muhamad Firdaus bin Mazalan
National Athletics of Hurdles



PEMBANTU TADBIR (P/O)

Cik Nuratikah binti Johari
Dip In Administrative Management (UNISEL)



PEMBANTU OPERASI (PO)

Encik Aminuddin bin Salihing
Dip. of Information Technology Networking (ILP)



**SENARAI STAF JABATAN SUKAN PRESTASI TINGGI
AKADEMI KECERGASAN PERTAHANAN**

**KETUA JABATAN PRESTASI TINGGI
PENSYARAH KANAN**

Dr. Nursyuhada binti Mohd Sukri
Ph.D Health Exercise Physiology (Bath, UK)
M.Sc. Sports Science (USM)
B. Sc (Hons.) Exercise Sports Science (USM)



PROFESOR

Prof. Dr. Mohar bin Kassim
Ph.D Coaching Science (Loughborough, UK)
M.Sc. Sports Science (UPM)
B. Sc (Hons.) Physical Education (UPM)



PENSYARAH KANAN

Dr. Jorrye bin Jakiwa
Ph.D Sports Science (UMS)
M.Ed. Sports Science (UPM)
B. Sc (Hons.) Forestry Science (UPM)



PENSYARAH KANAN

Dr. Ahmad Bisryi Husin Musin Musawi bin Maliki
M.Sc. Applied Sport Science (Wales University)
B. Sc (Hons.) Sport Science (Uitm)
Dip. of Health and Fitness (Uitm)



PENSYARAH KANAN

Dr. Noor Hamzani binti Farizan
Ph.D Community Health (UKM)
Ms. Cs Enviromental Studies (UPM)
B.Sc (Hons) Biomedical Sciences



PENSYARAH KANAN

Dr. Azimah binti Ahmad
Ph.D Sports Coaching (UPSI)
Master in Sport Science (UiTM)
Degree in Dietetic (UKM)



PENSYARAH

Encik Mohd Syrinaz bin Azli
Ms. Cs Applied Sports Science (Wales University)
B. Cs (Hons) Sports Scienes (UiTM)
Dip. Of Health and Fitness (UiTM)



**SENARAI STAF JABATAN KECERGASAN PERTAHANAN
AKADEMI KECERGASAN PERTAHANAN**

**KETUA JABATAN KECERGASAN PERTAHANAN
PENSYARAH KANAN**

Dr. Faizal bin Abdul Manaf
Ph.D Sport Nutrition (Murdoch, Australia)
M.Sc. Sports Science (USM)
B. Sc (Hons.) Biology (UPM)



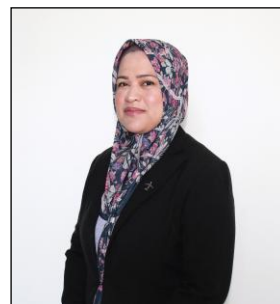
PENSYARAH

Dr. Shahrulfadly bin Rustam
Ph.D Sports Science (UPNM)
MSc. Sports Science with Education (UPSI)
B. Sc (Hons.) Sports Science (UM)



PENSYARAH KANAN

Dr. Norhafizah binti Hamzah
Ph.D Sport Science and Exercise (Moores, U.K)
B. Sc (Hons.) Coaching Science with Education (UPSI)
Dip. of Sport Studies (UiTM)



PENSYARAH KANAN

Dr. Siti Azilah binti Atan
M.Sc. Sport Science (Motor Learning) (UiTM)
B.Sc. (Hons.) Sports Science (UiTM)
Dip. of Health and Fitness (UiTM)



PENSYARAH MUDA

Encik Aizuddin Amri bin Zainuddin
M.Sc Coaching Science (UPNM)
B.Sc (Hons) Sports Science (UiTM)
Dip. of Sports Studies (UiTM)



TENAGA PENGAJAR SUKAN LASAK

Lt Kol Mustapha bin Omar (Bersara)
Dip. of Strategies and Defence Studies (UM)



**MAKLUMAT KURSUS
UNIVERSITI**

**BUKU PANDUAN AKADEMIK SARJANA MUDA
SESI 2024/2025**

KOMPONEN STRUKTUR PROGRAM SARJANA MUDA

Kursus-kursus untuk Program Sarjana Muda terdiri daripada komponen berikut:

1. Kursus Teras Universiti
2. Kursus Elektif Universiti
3. Kursus Teras Program
4. Kursus Elektif Program

Jumlah kredit wajib diambil bergantung kepada keperluan program yang diikuti. Kursus Teras Universiti dikendalikan oleh Fakulti Pengajian dan Pengurusan Pertahanan (FPPP), Pusat Bahasa (PB) dan Akademi Kecergasan Pertahanan (AKP).

KURSUS TERAS UNIVERSITI

Kursus Teras Universiti merupakan kursus wajib kepada semua pelajar Sarjana Muda tertakluk kepada program yang diikuti. Berikut merupakan senarai Kursus Teras Universiti yang ditawarkan:

KOD KURSUS	KURSUS	KREDIT
DUM 3022	Military Leadership	2
DUS 3012	Military History	2
DUS 3022	Introduction to Strategic Studies	2
DUS 3032	Military Law and Laws of Armed Conflict	2
MPU 3132	Appreciation of Ethnics and Civilizations	2
MPU 3142	Philosophy and Currents Issues	2
MPU 3212	Basic Entrepreneurship	2
MPU 3312/ MPU 3322/ MPU 3332/ MPU 3342	Nationhood in World Politics / Blue Ocean Strategy and Total Defence / Fiqh Keutamaan/ Integrity and Anti - Corruption	2
MPU 3412 MPU 3422	Human Movement Science / Community Service	2
LLE 3012	English For Academic Writing	2
LLE 3032	Al - Ghazali's Dialogue: English Communication	2
LLF 3XX1	Foreign Language I	1
LLA 3XX1	Foreign Language I	(+1)
LLF 3XX1	Foreign Language II	1
LLA 3XX1	Foreign Language II	(+1)
JUMLAH		24 (+2)

* Kursus LLA 3XX1 tidak akan dikira dalam PNGS dan PNGK.
Kursus ini dikira sebagai Audit.

Kursus *LLE 3042 Basic Grammar and Vocabulary* hanya perlu diambil oleh pelajar yang mendapat Band 1 dan 2 dalam peperiksaan MUET. Kursus ini wajib diambil sebelum bergraduat dan berstatus Lulus/Gagal sahaja.

KOD KURSUS	KURSUS	KREDIT
LLE 3042	Basic Grammar and Vocabulary	-
JUMLAH		-

Kursus Bahasa Asing yang ditawarkan adalah seperti berikut:

KOD KURSUS	KURSUS	KREDIT
LLF 3011	Foreign Language – Arabic I	1
LLF 3031	Foreign Language – Mandarin I	1
LLF 3051	Foreign Language – Russian I	1
LLF 3071	Foreign Language – French I	1
LLF 3091	Foreign Language – Spanish I	1
LLF 3021	Foreign Language – Arabic II	1
LLF 3041	Foreign Language – Mandarin II	1
LLF 3061	Foreign Language – Russian II	1
LLF 3081	Foreign Language – French II	1
LLF 3101	Foreign Language – Spanish II	1
JUMLAH		2

Kursus Bahasa Asing Audit yang ditawarkan adalah seperti berikut:

KOD KURSUS	KURSUS	KREDIT
LLA 3011	Foreign Language – Arabic I	(+1)
LLA 3031	Foreign Language – Mandarin I	(+1)
LLA 3051	Foreign Language – Russian I	(+1)
LLA 3071	Foreign Language – French I	(+1)
LLA 3091	Foreign Language – Spanish I	(+1)
LLA 3021	Foreign Language – Arabic II	(+1)
LLA 3041	Foreign Language – Mandarin II	(+1)
LLA 3061	Foreign Language – Russian II	(+1)
LLA 3081	Foreign Language – French II	(+1)
LLA 3101	Foreign Language – Spanish II	(+1)
JUMLAH		(+2)

** Semua pelajar hanya wajib memilih satu set (Bahasa Asing yang sama untuk 2 semester) dari lima kursus Bahasa Asing yang ditawarkan.*

SINOPSIS KURSUS TERAS UNIVERSITI

KEPIMPINAN KETENTERAAN DUM 3022 *MILITARY LEADERSHIP DUM 3022*

2 Credit Hours

Pre-requisite : None

Course Synopsis

The underlying theme of the course is that the military is very much a leader centric organization that prides on developing effective leaders. The effectiveness of leadership is not only measured by mission accomplishment but also team development to ensure ability to adapt to the peculiarities of any situation. The course will show that leadership styles need to be adapted to suit the demands of combat and the peculiarities of the organization. It shall focus on the fact that the leader must care for his people and equally care for the work to be done. The course will address effective leadership requirements at different organizational levels. Potential leaders shall be exposed to the importance of applying command or influence to accomplish the mission. The study mode shall emphasize the use of case studies to allow students to think out of the box and develop innovate and practical problem solving solutions to overcome challenging leadership scenarios.

Course Outcomes

At the end of the course students are able to:

- 1. Understand the importance of leadership principles in managing people and organizations in the military and civilian arena.*
- 2. Analyse the organization to determine if it is leader dominant or follower dominant and select the required leadership style.*
- 3. Identify and develop (growing) potential leaders willing to accept the call to be team players in achieving organizational excellence.*
- 4. Explore the connect between leader, his followers and the ability to adapt to situations.*

References

1. Humphrey, R.H. (2014). Effective Leadership: Theory, Cases and Applications. Washington, DC: Sage Publications Inc. ISBN 978-1-4129-6355-8.
2. Manning George & Curtis Kent. *The Art of Leadership*, McGraw Hill International 4th.Edition, Boston US, 2012. ISBN 978-007-127628-3.
3. Daft Richard L. Daft & Andrew Pirola-Merio, *The Leadership Experience*, Asia Pacific Edition, Cengage Learning Australia Pty Ltd. 2009 .

4. Andrew J. DuBrin, *Principles of Leadership*, South Western CENGAGE Learning, 6th Edition, US 2010.
5. Richard Hughes, Robert C Ginnett, Gordon J Curphy, *Leadership, Enhancing the Lessons of Experience*, McGraw Hill International, 6th Edition United States 2009.
6. Robert L Taylor, William E. Rosenbach, Eric B. Rosenbach – *Military Leadership – In Pursuit of Excellence*, 6th Edition Westview Press 2009.

SEJARAH KETENTERAAN DUS 3012

MILITARY HISTORY DUS 3012

2 Credit Hours

Pre-requisite : None

Course Synopsis

This course will initially focus on the history of warfare before moving on to the various campaign and battle studies from the medieval period to the Cold War era. The focus would be on the development of war tactics and strategy, the roles of leaders, the potential and limitation of technology, and the political and social effects of these campaigns and the lessons that can be learned derived from them. A section will also be devoted to the history of counter-insurgency warfare and

Course Outcomes

At the end of the course students are able to:

- 1. Acquire knowledge of the historical and technological development in warfare.*
- 2. Acquire knowledge on history of the Malaysian Armed Forces.*
- 3. Acquire knowledge on Malayan campaigns and counter insurgency operations.*
- 4. Identify traits of military leadership.*
- 5. Understand the involvement of Malaysia in peacekeeping operations.*

References

1. Black, J. (2004). *Rethinking Military History*. London: Routledge.
2. Calnocoressi, P., Wint, G. & Pritchard, J. (1999). *The Penguin History of the Second World War*. London: Penguin.
3. Holmes, Richard, & Martin Marix Evans. (2007). *Decisive Conflicts in History*. Oxford: Oxford University Press.
4. Keegan, John. (1995). *The Face of Battle*. London: Viking Publications.
5. Townshend, C. (ed.) (2005). *The Oxford History of Modern War*. Oxford: Oxford University Press.
6. Nik Mohamed Nik Mohd Salleh. (2006). *The Second World War In Kelantan: December 1941*. Kuala Lumpur: United Selangor Press.
7. Nye, Joseph. S. Jr (2009). *Understanding International Conflicts: An Introduction to Theory and History*. New York: Pearson, Longman.
8. Abdul Razak Baginda, (ed.) (2009). *Malaysia's Defence & Security Since 1957*. MSRC. Kuala Lumpur: Printpack Sdn Bhd.
9. Khoo Kay Kim dan Adnan Hj. Nawang (ed.) (1984). *Darurat 1948-1960*. Kuala Lumpur. United Selangor Press.

PENGANTAR PENGAJIAN STRATEGI DUS 3022
INTRODUCTION TO STRATEGIC STUDIES DUS 3022

2 Credit Hours

Pre-requisite : None

Course Synopsis

The aim of the course is to expose students to the various concepts in the area of strategic studies such as military power, the philosophy of war, the employment of military, naval and air power as well as the concept of defence strategy and cooperation, nuclear strategy and terrorism. As foundation knowledge, student would also be introduced to the modern principal of war and teaching of selected Western and Oriental Strategic thinker.

Course Outcomes

At the end of the course students are able to:

- 1. Understand the fundamental concepts and theories in strategic studies.*
- 2. Identify the significance applicability of scope in strategic studies.*

References

1. Baylis, John et al. (2014). *Strategy in the Contemporary World*, 4th.Ed. : Oxford University Press.
2. Freedman, Lawrence (Ed.) (1994.) *War*. Oxford: Oxford University Press.
3. Mahnken, Thomas & Maiolo, Joseph, A. (2008). *Strategic Studies: A Reader*. London: Routledge.
4. Paret, Peter (Ed.). (1986). *Makers of Modern Strategy from Machiavelli to the Nuclear Age*. Oxford: Oxford University Press.
5. Williams, Phil, Donald Golstein, JaySharfritz. (2006). *Classic Readings of International Relations*, 3rd Ed. Fort Worth: Harcourt Brace.

**UNDANG-UNDANG TENTERA DAN UNDANG-UNDANG KONFLIK BERSENJATA
DUS 3032
MILITARY LAW AND LAW OF ARMED CONFLICT DUS 3032**

2 Credit Hours

Pre-requisite : None

Course Synopsis

This course is divided into two parts; military law and law of armed conflict:

- 1. The first part of the course is to provide students with the basic foundation knowledge of military law, Armed Forces Act 1972 and other related documents in general. Students will initially be taught the various laws, regulations and procedures before being exposed to the various practical applications of law through discussions, exercises and class assignments.*
- 2. The second part of the course is designed to introduce students to the laws of war – covering both wars in conventional setting as well as non-conventional setting. In general, students will be exposed to the history of the development of the laws of war, as well as the religious and cultural dimensions of the laws. Apart of the focus of the subject will be the four Geneva Conventions of 1949 and the three Additional Protocol, there are other relevant conventions and customary laws to be exposed in general.*

Course Outcomes

At the end of this course students are able to:

- 1. Understand the history of Military Law, key sources of the law, legislations and relevant secondary sources of law and the relationship between the Armed Forces Act 1972, the Penal Code and other applicable federal law.*
- 2. Understand the jurisdictional aspects, system and functions of military law.*
- 3. Understand military administrative law.*
- 4. Understand of operation law which consists of all laws affecting military operations, including laws of armed conflict.*

References

- 1. Federal Constitution*
- 2. Armed Forces Act 1972.*
- 3. Armed Forces (Board Of Inquiry) Rules 1976.*
- 4. Armed Forces (Court-Martial) Rules of Procedure 1976.*
- 5. Armed Forces (Field Punishment) Regulations 1976.*
- 6. Armed Forces (Imprisonment And Detention) Rules 1976.*
- 7. Armed Forces (Summary Jurisdiction) Regulations 1976.*

8. *Armed Forces (Forfeiture And Restoration Of Forfeited Service) Regulations 2000.*
9. *Armed Forces (Terms Of Service Of Regular Forces) Regulations 2013.*
10. *1949 Geneva Convention I for the Amelioration of the Wounded and Sick in the Armed Forces in the Field.*
11. *1949 Geneva Convention II for the Amelioration of Condition of Wounded, Sick and Shipwrecked Members of Armed Forces at Sea.*
12. *1949 Geneva Convention III Relative to the Treatment of Prisoners of War.*
13. *1949 Geneva Convention IV Relative to the Protection of Civilian Persons in Time of War.*
14. *Protocol Additional to the Geneva Convention 1949, Relating to the Protection of Victims of International Armed Conflict (Protocol I).*
15. *Protocol Additional to the Geneva Convention 1949, Relating to the Protection of Victims of Non-International Armed Conflict (Protocol II).*
16. *Protocol Additional to the Geneva Conventions of 12 August 1949, and relating to the Adoption of an Additional Distinctive Emblem (Protocol III) 8 December 2005.*

PENGHAYATAN ETIKA DAN PERADABAN MPU 3132
APPRECIATION OF ETHICS AND CIVILIZATIONS MPU 3132

Kredit: 2

Pra-syarat: Tiada

Sinopsis:

Kursus ini menerangkan tentang konsep etika daripada perspektif peradaban dan kebudayaan merentas bangsa. Ia bertujuan bagi mengenal pasti sistem, tahap perkembangan, kemajuan dan kebudayaan sesuatu bangsa dalam mengukuhkan kesepaduan sosial. Selain itu, perbincangan berkaitan isu-isu kontemporari dalam aspek ekonomi, politik, sosial, budaya dan alam sekitar daripada perspektif etika dan peradaban dapat melahirkan pelajar yang bermoral dan professional. Penerapan amalan pendidikan berimpak tinggi (HIEPs) yang bersesuaian digunakan dalam penyampaian kursus ini. Di hujung kursus ini pelajar akan dapat menghubungkan etika dan kewarganegaraan berminda sivik.

Hasil Pembelajaran

Pelajar dapat:

1. Menjelaskan konsep etika dan peradaban yang berbeza.
2. Membandingkan sistem, tahap perkembangan kemajuan sosial dan kebudayaan merentas bangsa.
3. Membincangkan isu kontemporari berkaitan ekonomi, politik, sosial, budaya dan alam sekitar daripada perspektif etika dan peradaban.

Rujukan:

1. Shamsul Amri Baharuddin (Ed), (2012). Modul Hubungan Etnik (2nd ed). Bangi: Institut Kajian Etnik, UKM.
2. Cheng, Y. (2012) Islam and The Wisdom of Asian Religion. K. L: The Other Press.
3. Cheng, Y. (2012) Islam and Secularism: The Quest for A Unity of Knowledge. Kuala Lumpur: IIUM Press International Islamic University Malaysia.
4. Dugin, A. (2012). The Fourth Political Theory. London: Arktos.
5. Majid Fakhry. (1991). Ethical Theories in Islam. Leiden: J. J. Brill.
6. Falkowski, A. F. (1990). Moral Philosophy: Theories, Skills and Applications. Englewood Cliff. NJ: Prentice Hall.
7. Guenon. R. (2001). The Reign of Quantity and The Signs of The Times. (Lord Northbourne, Trans.) Hilsdale NY: Sophia Parennis. {Original Work Published 1945}.
8. Harai, Y. N. (2017) Homo Deus: A Brief History of Tomorrow. Australia: Harper Collins.

9. Mackinnon, B. (2015). Ethics: theory and Contemporary Issues (8th ed). Stamford, CT: Cengage Learning.
10. Mitchell, H. B. (2011). Roots of Wisdom: A Tapestry of Philosophical Traditions (6th ed). Wadsworth: Cengage Learning.
11. Maszlee Malik. (2017). Foundations of Islamic Governance: A Southeast Asian Perspective (1st ed). London & New York: Routledge.

FALSAFAH DAN ISU SEMASA MPU 3142

PHILOSOPHY AND CURRENTS ISSUES MPU 3142

Kredit: 2

Pra-syarat: Tiada

Sinopsis:

Kursus merangkumi hubungan ilmu falsafah dengan Falsafah Pendidikan Kebangsaan dan Rukun Negara. Penggunaan falsafah sebagai alat untuk memurnikan budaya pemikiran dalam kehidupan melalui seni dan kaedah berfikir serta konsep insan. Topik utama dalam falsafah iaitu epistemologi, metafizik dan etika dibincangkan dalam konteks isu semasa. Penekanan diberi kepada falsafah sebagai asas bagi menjalin dialog antara budaya serta memupuk nilai sepunya. Di hujung kursus ini pelajar akan mampu melihat disiplin-disiplin ilmu sebagai satu badan ilmu yang komprehensif dan terkait antara satu sama lain.

Hasil Pembelajaran

Pelajar dapat:

1. Menjelaskan isu semasa berlandaskan ilmu falsafah, Falsafah Pendidikan Kebangsaan dan Rukun Negara.
2. Menerangkan isu semasa berdasarkan aliran pemikiran utama dalam pelbagai aliran falsafah,
3. Menghuraikan isu semasa melalui perspektif perbandingan falsafah sebagai asas bagi menjalinkan dialog antara budaya.

Rujukan:

1. Al-Attas, S. M Naquib. (1991). The Concept of Education in Islam. Kuala Lumpur: ISTAC.
2. Al-Faruqi, I. R. (1994). Al-Tawhid: Its Implications for Thought and Life (2nd Ed). Herndon: IIIT.
3. Philips, D. C. (Ed) (2014). Encyclopedia of Educational Theory and Philosophy (1st Ed). SAGE Publication.
4. Dzulkifli, A. R & Rosnani, H. (2019) Pentafsiran Baharu Falsafah Pendidikan Kebangsaan dan Pelaksanaannya Pasca 2020. Kuala Lumpur: IIUM Press.
5. Hospers, J. (1997). An Introduction to Philosophical Analysis (4th Ed). London: Routledge.
6. Mitchell, H. B. (2011). Roots of Wisdom: A Tapestry of Philosophical Traditions (6th Ed). Wadsworth: Cengage Learning.
7. Osman Bakar. (1999). The Classification of Knowledge in Islam. Cambridge, U. K: The Islamic Texts Society.
8. Rosnani Hashim (2017). Revitalization of Philosophy and Philosophical Inquiry in Muslim Education. Kull of Education, IIUM.
9. Solomon, R. C, & Higgins, K. M. (2010). The Big Questions: A Short Introduction to Philosophy (8th Ed) Wadsworth: Cengage Learning.
10. Weiming, T. & Ikeda, D. (2011). New Horizons in Eastern Humanism: Buddhism, Confucianism and The Quest for Global Peace, London: I. B. Tauris.

ASAS KEUSAHAWANAN MPU 3212
BASIC ENTREPRENEURSHIP MPU 3212

2 Credit Hours

Pre-requisite : None

Course Synopsis

This course introduces students to the concept of entrepreneurship and skills, and information that entrepreneurs use to lead a business. The course examines key organizational attributes necessary for organizations to succeed in any business environment. These attributes include strategic planning, marketing, financing, legal matters and cash flow. Finally, the course is designed to help students build the skills to develop and write a good business plan.

Course Outcomes

At the end of the course students are able to:

- 1. Explain the fundamental concepts and principles of entrepreneurship and characteristics of entrepreneur.*
- 2. Differentiate between entrepreneurs, managers, and leaders as change agents.*
- 3. Apply general managerial methods and creativity to support decision making.*
- 4. Develop and write a business model and business plan.*
- 5. Construct team work in gathering, analysing and reporting on business ideas into proper planning.*

References

- 1. Hisrich, R.D. and Peters, M.P. (2013). Entrepreneurship. 9th Edition. New York: Irwin McGraw-Hill.*
- 2. Kuratko, D.F. (2008). Entrepreneurship: Theory, Process, Practice. 8th Edition. Ohio: South-Western.*
- 3. Barringer, B.R. and Ireland, R.D. (2010). Entrepreneurship. Successfully launching new venture. 3rd Edition. Upper Saddle River, New Jersey: PrenticeHall.*
- 4. Sodri Ariffin, Ismail Ab Wahab and Zarida Hambali. (2013). Fundamentals of Entrepreneurship. Malaysia: Oxford Fajar.*

KENEGARAAN DALAM POLITIK DUNIA MPU 3312 **NATIONHOOD IN WORLD POLITICS MPU 3312**

2 Credit Hours

Pre-requisite : None

Course Synopsis

The course will expose the students to complex issues that dominate world political theatres in the 20th and 21st centuries. Initially, students will be introduced to basic concepts in political science and sociology and to ideas and thought of philosophers and political thinkers like Plato (The Republic), Aristotle (Politics), Kautilya (Arthasastra), Machiavelli (The Prince), Marx (Das Capital), Al-Farabi (Al-Madinah Al-Fadillah), Ibnu Khaldun (Mukaddimah), Tun Sri Lanang (Sejarah Melayu) etc.; and how their ideas were crystallised into ideologies that were adopted by new nation-states of the 20th century. Then, students will be guided to understand on circumstances that led to the rise and collapse of Empires (Rome-Constantinople, Uthmanniah, British, Melaka, China, etc); the outbreak of the French Revolution, and First and Second World War (nationalism in the new nation- states) that gave rise to fascists and dictators like Hitler, Mussolini, Stalin, etc. against democratic-liberalism of Anglo- American. Equipped with these conceptual tools and historical backdrop, students should be able to understand the politics of the Vietnam War, conflict in the Balkans, Palestine-Israel conflict, etc. which are manifestations of multiple fault lines that culminated into the new epoch of the Cold War, ethnic conflict or cleansing? clash of civilizations (S.Huntington), and other possibilities which should help them to develop their mind as “Intellectual Leader of character”.

Course Outcomes

At the end of the course students are able to:

- 1. To educate students about the dynamics of the issue of patriotism that began from an empire to a nation-building.*
- 2. To expose students to the history of the war based on ideology, ethnicity and civilization and the correlation in the construction of the nation and in the forms of feudal political system and current. (20th century and the 21st.*
- 3. To expose students to different political ideologies in a country such as the communist ideology of Marxism, liberalism and democracy, dictators and military juntas and international political relations.*
- 4. To produce globally minded students and literacy knowledge of history and current politics is characterized by a charismatic intellectual leader (intellectual leaders of character).*

References

1. Wan Hashim Wan Teh & Wan Norhasniah Wan Husin (2015). *Nationhood in World Politics*. Universiti Pertahanan Nasional Malaysia
2. Abdul Rasyid Moten & Syed Serajul Islam (2011). *Introduction to Political Science*. Singapore: Thomson
3. Segal, G. (1996). *The World Affairs Companion: The Essential One-Volume Guide to Global Issues*. Simon & Schuster.
4. Crowley, Roger. (2006). *1453: The Holy War for Constantinople and the Clash of Islam and the West (1453: Detik- detik jatuhnya Constantinople ke tangan muslim (terj) Jakarta, Alvabet (2007)*.
5. Emerson, Rupert (1962). *From Empire to Nation: The Rise to Self-Assertion of Asian and African Peoples*. Boston. Mass: Beacon Press.
6. Fukuyama, Francis. (1992). *The End of History and The Last Man*. New York: Avon Books.
7. Huntington, Samuel P. (1996). *The Clash of Civilizations and The Remaking of World Order*. New York: Simon & Schuster.

STRATEGI LAUTAN BIRU DAN PERTAHANAN MENYELURUH (HANRUH)
MPU 3322
BLUE OCEAN STRATEGY AND TOTAL DEFENCE MPU 3322

2 Credit Hours

Pre-requisite : None

Course Synopsis

This course is introduced with the aim to equip students with the knowledge on Blue Ocean Strategy technique which is capable of honing the students' thinking skill including critical thinking skill and in solving many issues and conflicts. It also can be used to optimize the available opportunities to be more innovative and creative either during times of peace or conflict including war. It will also expose students to challenges as a military leader and the need to cooperate with other entities in government as well as in private sectors in order to strengthen the country national defense and security. Having understood the principles and tools of the Blue Ocean Strategy with example related to safety and security cluster, the concept of Malaysian Defence and Security, HANRUH (JUMLAH DEFENCE) will be introduced to broaden the students' understanding with the aim of strengthening it through the application of Blue Ocean Strategy.

Course Outcomes

At the end of the course students are able to:

- 1. To impart the knowledge to the students on Blue Ocean Strategy and its importance in nation building in strengthening the national defense and security*
- 2. To evaluate student's ability to apply the Blue Ocean Strategy in defense and security aspects through case studies that are related to nation building and strengthening the country defense and security*
- 3. To develop a foundation in strategic thinking among the students to the extent of being able assimilate in their future carrier.*

References

- 1. Kim, W. C. & Mauborgne, R. (2005). Blue Ocean Strategy: From Theory to Practice. Harvard Business Review.*
- 2. Malaysian Institute of Defence and Security. (2013). National Blue Ocean Strategy, Initiatives Undertaken by MINDEF and Armed Forces. Minda Cetak Sdn. Bhd: Kuala Lumpur.*

FIQH KEUTAMAAN – MPU 3332

2 Jam Kredit

Prasyarat: Tiada

Sipnosis Kursus

Kursus Fiqh Keutamaan atau lebih dikenali sebagai fiqh mencari keutamaan ini merupakan panduan dalam mencari hukum melalui kaedah-kaedah hukum yang perlu diberi keutamaan. Ia juga memberi didikan kepada para pelajar bagi menentukan perkara yang lebih utama dalam proses kehidupan seharian.

Hasil Pembelajaran

1. Memahami kaedah-kaedah asas yang bersesuaian dengan agama dan kehidupan yang perlu diberi keutamaan.
2. Berkemampuan menjelaskan perbezaan antara perkara yang perlu diberikan keutamaan dalam ibadah dan kehidupan.
3. Mampu memberikan pandangan yang kritis dalam sesuatu perkara ibadah dan kehidupan yang perlu diberi keutamaan.

Rujukan

1. Yusuf Al-Qaradhawi, Dr (2014). Fiqh Aulawiyyat. PTS Islamika Sdn. Bhd.

INTEGRITI DAN ANTI-RASUAH MPU 3342
INTEGRITY AND ANTI-CORRUPTION MPU 3342

2 Jam Kredit

Prasyarat : Tiada

Sinopsis Kursus

Kursus ini merangkumi konsep asas tentang nilai integriti: bentuk perbuatan rasuah dan salah guna dalam kehidupan seharian serta dalam organisasi; dan langkah-langkah pencegahan rasuah. Isu dan kes rasuah sebenar dibincangkan dalam sesi pembelajaran.

Hasil Pembelajaran

1. Pelajar dapat menghuraikan nilai integriti dalam kehidupan seharian.
2. Pelajar dapat menilai bentuk-bentuk pelakuan rasuah dan salah guna kuasa dalam kehidupan dan organisasi.
3. Pelajar mampu mempamerkan nilai integriti dan pencegahan rasuah melalui aktiviti masyarakat.

Rujukan

1. Angela Monaghan. 2017. Rolls-Royce trioplead guilty to corruption chargers in US. Diestrak pada 9 Oktober 2018 daripada <http://www.theguardian.com/business/2017/nov/08/rolls-royce-trio-pleadguilty-to-corruption-charges-in-us>
2. Arkib Negara. 2013. Skim Cepat Kaya Pak Man Telo (1992). Diekstrak pada 22 Julai 2018 daripada [http:// arrkibnegara.blogspot.com/2013/09/skim-cepat-kaya-pak-man-tela-1992.html](http://arrkibnegara.blogspot.com/2013/09/skim-cepat-kaya-pak-man-tela-1992.html)
3. Association Certified Fraud Examiners (2013). report to the Nations on Occupational Fraud and Abuse 2013. GLOBAL Headquarters, Austin, USA.
4. BBC. 2011. Nick Leeson apologies to Barings' boss for bank crash. Diekstrak pada 22 Julai 2018 daripada <http://www.bbc.co.uk/new/business-14424926>

SAINS LAKUAN MANUSIA MPU 3412
HUMAN MOVEMENT SCIENCE MPU 3412

2 Jam Kredit
2 Credit Hour

Pra-syarat: Tiada
Pre-requisite: None

Sinopsis Kursus
Course Synopsis

Kursus ini akan membincangkan konsep sains sukan dan mempraktikkan konsep ini secara profesional dalam pelbagai peringkat pengajian. Kursus ini juga akan meneroka keseluruhan konsep sains dalam sukan yang berkaitan dengan objektif, falsafah, sejarah, isu, kepentingan sains dalam sukan, pengembangan dan pengembangan pembinaan sukan. Di samping itu, kursus ini dirancang untuk memberi pelajar pemahaman yang lebih mendalam mengenai komponen sains yang berkaitan dengan sukan untuk mengembangkan Pemimpin Berkarakter. Perhatian khusus akan diberikan pada pemahaman yang baik mengenai kepentingan sains berkaitan dengan latihan fizikal dan komponen kepemimpinan. Kursus ini juga akan memberi tumpuan kepada konsep penting dan prinsip asas untuk memahami struktur dan fungsi tubuh manusia sebagai tindakbalas terhadap pelbagai keadaan latihan. Selain kuliah dan bacaan biasa, perbincangan dan persembahan kumpulan akan menjadi sebahagian daripada proses pembelajaran.

This course will discuss the sports science concepts and professionally practise these concepts various levels of study. This course will also explore the overall concept of science in sports which is related to the objectives, philosophy, history, issues, importance of science in sports, development and expansions of sports coaching. In addition, this course is designed to provide the student with an advanced understanding of science components related to sports in order to develop Leaders of Character. Particular attention will be placed upon a good understanding of the significance of sciences in relation to physical exercise and leadership components. The course will also focus on the important concepts and basic principles to understand the structure and function of human body in response to various exercising conditions. Besides regular lectures and reading, group discussions and presentations will be a part of the learning process.

Hasil Pembelajaran:

Di akhir pembelajaran, pelajar akan dapat:

1. Menghuraikan konsep sains dalam aktiviti sukan.
2. Menjelaskan konsep asas latihan fizikal dalam aktiviti sukan.
3. Mendemonstarsikan konsep asas latihan fizikal dalam aktiviti sukan.

Course Outcomes

At the end of the course students are able to:

1. *Define the concept of science in sports activities.*
2. *Describe the basic concept of physical training in sports activities.*
3. *Demonstrate the basic concept of physical training in sports activities.*

Rujukan

References

1. *Abernethy, B., Hanrahan, S., Kippers, V., Mackinnon, L. & Pandy, M. (2005). The Biophysical Foundations of Human Movement (2nd ed.) Champaign, IL: Human Kinetics.*
2. *Bompa, T.O. & Haff, G.G (2009). Periodization: Theory and Methodology of Training (5th Ed.). Champaign, IL: Human Kinetics.*
3. *Benardot, D. (2006). Advanced Sports Nutrition. Champaign, IL: Human Kinetics.*
4. *Bradshaw, E. (2013). Analysing Technique, IL: Human Kinetics.*
5. *Magill, R.A (2007). Motor Learning: Concepts and Applications (8th ed.). New York, NY: McGraw-Hill.*
6. *Prentice, W.E. (2011). Principles of Athletic Training. New York: McGraw-Hill*
7. *Pyke, F. (2013). Coaching Performance, IL: Human Kinetics*
8. *Pyke, F & Goodman (2013). Addressing Injuries and Illness, IL: Human Kinetics.*

KHIDMAT KOMUNITI – MPU3422

2 Jam Kredit

Prasyarat: Tiada

Sipnosis Kursus

Kursus Khidmat Komuniti ini membincangkan penglibatan komuniti, penyediaan kertas cadangan dan penghasilan sumbangan kepada komuniti yang berkesan. Tujuan kursus ini adalah membentuk asas-asas kepimpinan, nilai-nilai murni serta membentuk budaya tanggungjawab kepada komuniti. Dalam menghasilkan keberkesanannya, kursus diterapkan dalam dua bentuk pengajian iaitu pendekatan dalam kelas dan kajian lapangan. Kedua-dua pendekatan ini mampu menghasilkan para pelajar yang seimbang antara teori dan pengalaman yang diperolehi ketika khidmat komuniti yang telah dilalui. Pada akhir kursus ini, sudah pasti pelajar akan diperkukuhkan dengan nilai-nilai murni, rasa tanggungjawab, kepimpinan dan seterusnya dapat membentuk budaya keprihatinan dan tanggungjawab kepada komuniti.

Hasil Pembelajaran

1. Memahami dan membentuk asas-asas nilai murni dan tanggungjawab kepada komuniti.
2. Menerapkan ciri-ciri kepimpinan berkesan dan membentuk budaya sukarelawan serta semangat berkumpul dan di kalangan pelajar.
3. Mengaplikasikan asas-asas kepimpinan dan kemahiran, nilai dan tanggungjawab kepada komuniti.

Rujukan

1. Ali, H. (2002). *Volunteerism and the Development of Malaysian Social Care Syste. International Council on Social Welfare.*
2. Ab. Alim Abdul Rahim. (1994). Pengurusan kokurikulum. Kuala Lumpur: Fajar Bakti.
3. BITARA KPT, (Keluaran Khas, September 2012). Yayasan Sukarelawan Siswa (YSS): Medan Mahasiswa Tabur Bakti, 11.
4. Al-Faruqi, Ismail, R. (1994). Islam dan pembangunan. Kuala Lumpur: Dewan Bahasa dan Pustaka.
5. Ahmad Atory Hussain. (1983). Pengantar pentadbiran awam. Kuala Lumpur: Utusan Publications.
6. Arasoo, Vesudevan. T. (1987). Kegiatan kokurikulum penyeliaan dan pentadbiran. Kuala Lumpur: Fajar Bakti

ASAS TATABAHASA DAN PERBENDAHARAAN LLE 3042
BASIC GRAMMAR AND VOCABULARY LLE 3042

Pass / Fail

Pre-requisite : Band 1 and 2 of the MUET

Course Synopsis

The course is designed for scorers of Bands 1 and 2 in the MUET examination. It focuses on the development of grammar and vocabulary of the students.

Course Learning Outcomes

At the end of the course students are able to:

- 1. Recall grammatical tenses*
- 2. Identify accurate grammatical rules*
- 3. Use correct grammar and appropriate vocabulary*

References

1. Azar, B. S. (1996). Basic English Grammar. New Jersey: Prentice Hall Regents.
2. Hashemi, L. (1995). English Grammar in Use Supplementary Exercises. Cambridge: Cambridge University Press.
3. Ho Chui Chui. (2001) A Comprehensive Workbook for Preparatory English. Petaling Jaya: Prentice Hall.
4. Broukal, M. (2005). Grammar 2- Form and Function. Singapore: McGraw Hill.

BAHASA INGGERIS UNTUK PENULISAN AKADEMIK LLE 3012

ENGLISH FOR ACADEMIC WRITING LLE 3012

2 Credit Hours

Pre-requisite : None

Course Synopsis

This course aims to reinforce essay composition skills and introduce students to the practice of writing for academic purposes. It introduces and prepares students with basic research writing skills including: conducting research, note taking, paraphrasing, summarising, in-text referencing, positioning, and applying MLA or APA style citation. This course will place emphasis on composition skills such as: essay structure, coherence; and sentence structure.

Course Learning Outcomes

At the end of the course students are able to:

- 1. Illustrate great ability to read and comprehend academic texts of different genres in English*
- 2. Apply referencing techniques in writing, quoting, summarising and paraphrasing*
- 3. Determine and differentiate point of views from different source*
- 4. Produce coherent and cohesive extended essays in logical structures*

Main References

- 1. Latisha Asmaak Shafie, Mohamad Fadhili Yahaya, Mahani Mansor, Nazira Osman. (2017). English for Academic Writing. Malaysia: Oxford Fajar Sdn. Bhd.*
- 2. Dollahite, N. E., & Haun, J. (2012). Sourcework: Academic Writing from Sources. Boston: Heinle/ Cengage Learning.*

Other References

- 1. Naginder Kaur, & Noorazalia Izha Haron. (2015). Integrate Language Skills Writing. Selangor: Oxford Fajar Sdn. Bhd.*
- 2. Nalini Arumugam, Dass, L.C., Masturah Alias, Naginder Kaur, Noorkhaida Abdul Murad, Surina Nayan. (2015). Step up Academic Writing Skills. Selangor: UiTM Press.*
- 3. Pagel, L. G., & Norstrom, B. (2011). Proofreading & Editing Precision. Mason, OH: South-Western Cengage Learning.*

4. *Elder, J. (2008). Exercise your college reading skills: developing more powerful comprehension. New York, NY: McGraw-Hill Higher Education.*
5. *Langan, J. (2011). College Writing Skills. New York: McGraw-Hill.*

DIALOG AL-GHAZALI: KOMUNIKASI BAHASA INGGERIS LLE 3032
AL-GHAZALI'S DIALOGUE: ENGLISH COMMUNICATION LLE 3032

2 Credit Hours

Pre-requisite : None

Course Synopsis

The course focuses on building students' capability in English language to discuss, argue, and defend their thoughts based on selected case studies. They will be also taught the techniques of producing good spoken discourse (oral presentation). The course will also incorporate aspects of confidence building, visual aids preparations, and audience handling. Students will have substantial practice in speech delivery, whilst at the same time they will be trained to develop their critical thinking and problem solving skills.

Course Learning Outcomes

At the end of the course students are able to:

- 1. State and identify correctly the strategies for effective communication, presentation skills, and literary elements*
- 2. Apply appropriate strategies for effective communication, presentation skills, and analytical tools to the selected case studies effectively*
- 3. Analyse different issues in the selected case studies critically*

References

- 1. Chandran, S. (2015). Leadership in the Military. Kuala Lumpur. Centre for Leadership and Professional Development.*
- 2. Holmes-Eber, P. and Mainz, M.J. (2014). Case Studies in Operational Culture. Berlin: Military Bookshop Publisher.*

BAHASA ASING – ARAB I LLF 3011
FOREIGN LANGUAGE – ARABIC I LLF 3011

1 Credit Hour

Pre-requisite : None

Course Synopsis

The Arabic Language is offered to students who have no prior knowledge of Arabic. The objectives of this course are to introduce students to the language and to equip them with the necessary language skills so as to enable them to speak, listen, read and write correctly in Arabic. In this course, various simple sentence structures, grammar and vocabulary will also be included so that the students will be able to communicate in simple daily conversations and in the selected communication situations.

Course Learning Outcomes

At the end of the course students are able to:

- 1. State about self and acknowledge others by greeting them in the target language*
- 2. Identify words and meanings in the target language*
- 3. Produce simple sentences in the target language in selected situations*

References

1. V. Abdur Raheem. (2012). *Durus al-'Arabiyyah Li Ghairi al-Natiqina Biha*, ArabSaudi. Penerbita Islmaic University al-Medinah al-Munawwarah.
2. Abdul Halim Muhammad. (2012), *Al-Tadribat al-Sarfiyyah*. Penebit UPM: Serdang.
3. Ghazi Al-Baytar, Mohd Puzhi Usop & Azlan Shaiful Baharum. (2011). *Tourist Guide Book*. Penerbit Ar-Risalah Product Sdn. Bhd.
4. Kamarul Shukri bin Mat Teh, et al. (2013). *al-Itqan Fi Ta'allum Lughat al-Quran*. Kuala Terengganu. Penerbit UniSZA.
5. Nur Hayati Che Hat, et al. (2014). *al-Murshid Fi Ta'allum al-Lughat al-Arabiyyah*. Kuala Terengganu: Penerbit UniSZA.
6. Rosli Othman. (2002). *Al-Insya' al-Wafiy*. Penerbitan Al-Madani: Gombak.
7. Al-Sheikh Mustafa al-Ghulayayni. (1989). *Al-Durus Al-Arabiyyah*. Egypt: Al-Maktabah Al-Misriyyah.

BAHASA ASING – MANDARIN I LLF 3031
FOREIGN LANGUAGE – MANDARIN I LLF 3031

1 Credit Hour

Pre-requisite : None

Course Synopsis

The course is intended for students without any prior knowledge of Chinese Language and aims to lay a solid foundation for students' further study in Chinese language. The course emphasises on the basic oral in Mandarin language and is designed with close reference to the military language and terminology. It includes the basic Chinese phonetics (Hanyu Pinyin System), pronunciation, vocabulary as well as simple grammar. The knowledge of Chinese History, Culture and Geography will also be introduced at appropriate points. Students are expected to be able to master 150-200 vocabulary and communicate for general purposes at the end of the course.

Course Learning Outcomes

At the end of the course students are able to:

- 1. State about self and acknowledge others by greeting them in the target language*
- 2. Discuss the elementary phonetics and phonology of the Pinyin System*
- 3. Produce simple sentences in the target language in selected situations*

References

1. Zhu Xiaoxing, Yue Jianling, Lv Yuhong & Zhu Peiru. (2007). *Menghayati Bahasa Mandarin*. Beijing: Higher Education Press.
2. Jiao Huaifu & Hong Yunzhi. (2007). *Common Knowledge about Chinese Geography*. Beijing: Higher Education Press.
3. Ren Qiliang & Shi Xu. (2007). *Common Knowledge about Chinese Culture*. Beijing: Higher Education Press.
4. Wang Kai et al. (2007). *Common Knowledge about Chinese History*. Beijing: Higher Education Press.
5. Kang Yuhua & Lai Siping. (2005). *Conversational Chinese 301*. Beijing: Beijing Language and Culture University Press.

BAHASA ASING – RUSIA I LLF 3051
FOREIGN LANGUAGE – RUSSIAN I LLF 3051

1 Credit Hour

Pre-requisite : None

Course Synopsis

This beginner's Russian course is offered to students who have no prior knowledge of Russian. The objectives to this course are to introduce students to the language and to equip them with the necessary language skills so as to enable them to speak, listen, read and write correctly in Russian. In this course, various simple sentence structures, grammar and vocabulary will also be included so that the students will be able to communicate in simple daily conversations and function well in selected military communication situations.

Course Learning Outcomes

At the end of the course students are able to:

- 1. State about self and acknowledge others by greeting them in the target language*
- 2. Apply written and printed alphabet systems in the target language*
- 3. Analyse elementary sentences in the target language in selected situations*

References

1. С. А. Хавранина, А. И. Широоченская. (2003). Русский язык в упражнениях, 12-ое издание, стереотипное. Издательство Русский Язык, Москва.
2. Н. Б. Карабанова. (2002). Говорите Правильно, 2- ое издание, исправленное. Издательство Русский Язык Курсы.
3. П. А. Лекант & Е. И. Диброва. (2002). Современный русский язык. Издательство Дрофа, Москва.

BAHASA ASING – PERANCIS I LLF 3071
FOREIGN LANGUAGE – FRENCH I LLF 3071

1 Credit Hour

Pre-requisite : None

Course Synopsis

This beginner's French language course is offered to students who have no prior knowledge of French. The objectives of this course are to introduce students to the language and to equip them with the necessary language skills so as to enable them to speak, listen and read correctly in French. In this course, various simple sentence structures, grammar and vocabulary will also be included so that the students will be able to communicate in simple daily conversations. At the end of this course, students will be able to speak and read simple sentences in French.

Course Learning Outcomes

At the end of the course students are able to:

- 1. State about self and acknowledge others by greeting them in the target language*
- 2. Identify words and meanings in the target language*
- 3. Produce simple sentences in the target language in selected situations*

References

1. Wan Ikhlas Wan Mohtar. (2009). *Méthode de Français*. Kuala Lumpur: Penerbit Universiti Pertahanan Nasional Malaysia.
2. Mraz, C. (2011), *Enavant, methode de francais pour les militaires*. Intervenants FLE/FOS.DCSDI.
3. Marie-José Lopes & Jean-Thierry Le Bougnec. (2014) Totem 1: *méthode de français A1*. Hachette Français Langue Etrangère, Paris Cedex 15, France.
4. Baylon, C., Campa, A., Mestreit, C., Murillo, J. & Tost, M. (2000). *Forum: Méthode de Français 1*. Hachette Livre, 43 quai de Grenelle, 75 905 Paris Cedex.

BAHASA ASING – SEPANYOL I LLF 3091
FOREIGN LANGUAGE – SPANISH I LLF 3091

1 Credit Hour

Pre-requisite : None

Course Synopsis

The Spanish course for beginners is offered to students who have no prior knowledge of Spanish. The objectives of this course are to introduce students to the language and equip them with the necessary language skills so as to enable them to speak, listen, read and write. However, the main focus is to emphasise on basic speaking skills. Various simple sentence structures, grammar and vocabulary will also be included in order to enhance their ability to interact in simple daily conversations and function well in selected situations especially in military environments. The students will be evaluated based on classroom activities, coursework and the four language skills mainly listening, reading, speaking and writing.

Course Learning Outcomes

At the end of the course students are able to:

- 1. State about self and acknowledge others by greeting them in the target language*
- 2. Identify words and meanings in the target language*
- 3. Produce simple sentences in the target language in selected situations*

References

1. Dawson, L. M., Potowski, K. & Sobral, S. (2008). *Dicho y hecho. 9th Edition*. New York: John Wiley & Sons, Inc.
2. Hammit, G. (2004). *Learn Spanish the Fast and Fun Way*. China: Barron's.
3. Jose, M.D & Maria, F.N. (2006). *Spanish for Educators*. New York: McGraw-Hill Companies Inc.
4. Fernández, N.G & Sanchez, J. (1981). *Español 2000 Nivel Elemental*. Madrid: SGEL
5. Truscott, S. (1994). *Easy Spanish Exercises Practise for Beginners*. London: McGrawHill.

BAHASA ASING – ARAB II LLF 3021
FOREIGN LANGUAGE – ARABIC II LLF 3021

1 Credit Hour

Pre-requisite : **ARABIC I LLF**

3011 Course Synopsis

The Arabic Language Course is offered to students who have already completed the Arabic Language I. The objectives of this course are to introduce students to the language and to equip them with the necessary language skills so as to enable them to speak, listen, read and write correctly in Arabic. In this course, various sentence structures, grammar and vocabulary will also be included so that the students will be able to communicate in daily conversations and in the selected communication situations.

Course Learning Outcomes

At the end of the course students are able to:

- 1. Identify various types of basic sentences in the target language*
- 2. Express basic sentences in the target language appropriately*
- 3. Analyse basic conversations in the target language in selected situations*

References

1. V. 'Abdur-Raheem. (2012). *Durus al-'Arabiyyah Li Ghairi al-Natiqina Biha*, Arab Saudi. Penerbit Islamic University al-Medinah al-Munawwarah.
2. Abdul Halim Muhammad. (2012), *Al-Tadribat al-Sarfiyyah*. Penerbit UPM: Serdang.
3. Ghazi Al-Baytar, Mohd Puzhi Usop & Azlan Shaiful Baharum. (2011). *Tourist Guide Book*. Penerbit Ar-Risalah Product Sdn Bhd.
4. Kamarul Shukri bin Mat Teh, et al. (2013). *al-Itqan Fi Ta'allum Lughat al-Quran*. Kuala Terengganu. Penerbit UniSZA.
5. Nur Hayati Che Hat, et al. (2014). *al-Murshid Fi Ta'allum al-Lughat al-Arabiyyah*. Kuala Terengganu: Penerbit UniSZA.
6. Rosli Othman. (2002). *Al-Insya' al-Wafiy*. Penerbitan Al-Madani: Gombak.
7. Al-Sheikh Mustafa al-Ghulayayni. (1989). *Al-Durus Al-Arabiyyah*. Egypt: Al-Maktabah Al-Misriyyah.

BAHASA ASING – MANDARIN II LLF 3041
FOREIGN LANGUAGE – MANDARIN II LLF 3041

1 Credit Hour

Pre-requisite : **MANDARIN I LLF**

3031 Course Synopsis

This course is intended for students who had taken Mandarin I and aims to strengthen the foundation of the target language. The course further emphasises on the basic oral in Mandarin language and is designed with close reference to the military language and terminology. It includes the basic Chinese phonetics (Hanyu Pinyin System), pronunciation, vocabulary as well as simple grammar. The knowledge of Chinese History, Culture and Geography will also be introduced at appropriate points. Students are expected to be able to master 150-200 vocabulary and communicate for general purposes at the end of the course.

Course Learning Outcomes

At the end of the course students are able to:

- 1. Identify various types of basic sentences in the target language*
- 2. Express basic sentences in the target language appropriately*
- 3. Analyse basic conversations in the target language in selected situations*

References

1. Zhu Xiaoxing, Yue Jianling, Lv Yuhong & Zhu Peiru. (2007). *Menghayati Bahasa Mandarin*. Beijing: Higher Education Press.
2. Jiao Huaifu & Hong Yunzhi. (2007). *Common Knowledge about Chinese Geography*. Beijing: Higher Education Press.
3. Ren Qiliang & Shi Xu. (2007). *Common Knowledge about Chinese Culture*. Beijing: Higher Education Press.
4. Wang Kai et al. (2007). *Common Knowledge about Chinese History*. Beijing: Higher Education Press.
5. Kang Yuhua & Lai Siping. (2005). *Conversational Chinese 301*. Beijing: Beijing Language and Culture University Press.

BAHASA ASING – RUSSIA II LLF 3061
FOREIGN LANGUAGE – RUSSIAN II LLF 3061

1 Credit Hour

Pre-requisite : **RUSSIAN I LLF**

3051 Course Synopsis

This elementary Russian course is offered to students who have prior knowledge of Russian I LFL1141. This is the elementary course to introduce the students to the uses of the cases of Russian language. It includes the Prepositional case, Accusative case, Dative case, reading, various exercises, useful vocabulary and basic conversations. The objectives of this course are to enable the students to understand the first 3 cases of Russian language, to write and speak correctly so that the students will be able to communicate in simple daily conversations and function well in selected military communication situations.

Course Learning Outcomes

At the end of the course students are able to:

- 1. Identify various types of basic sentences in the target language*
- 2. Express basic sentences in the target language appropriately*
- 3. Analyse basic conversations in the target language in selected situations*

References

1. С. А. Хавранина & А. И. Широченская. (2003). Русский язык в упражнениях, 12-ое издание, стереотипное. Издательство Русский Язык, Москва.
2. Н. Б. Карабанова. (2002). Говорите Правильно, 2- ое издание, исправленное. Издательство Русский Язык Курсы.
3. П. А. Лекант & Е. И. Диброва. (2002). Современный русский язык. Издательство Дрофа, Москва.

BAHASA ASING – PERANCIS II LLF 3081
FOREIGN LANGUAGE – FRENCH II LLF 3081

1 Credit Hour

Pre-requisite : **FRENCH I LLF**

3071 Course Synopsis

This course is a continuation of French I, where students will continue to develop basic concepts in French language and culture including French pronunciation, grammar and customs. Students will enhance and further develop their use of French in a balanced development of four skills: listening, speaking, reading and writing. This course is enhanced by the use of audio visual materials for the purpose of exposing students to a contemporary broad based French culture.

Course Learning Outcomes

At the end of the course students are able to:

- 1. Identify various types of basic sentences in the target language*
- 2. Express basic sentences in the target language appropriately*
- 3. Analyse basic conversations in the target language in selected situations*

References

1. Farah Farhana Awang. (2012). *Methode de Français II*. Kuala Lumpur: Penerbit Universiti, UPNM.
2. Regine Merieux et Yves Coiseau. (2004). *Niveau I Connections*. Les editions Didier, Paris.
3. Miquel, C. (2002). *Vocabulaire progressif du Français avec 250 exercices*. Paris: CLE International.

BAHASA ASING – SEPANYOL II LLF 3101
FOREIGN LANGUAGE – SPANISH II LLF 3101

1 Credit Hour

Pre-requisite : **SPANISH I LLF**

3091 Course Synopsis

This course is the continuation of Spanish for beginners and the objectives focus on listening and speaking in specific situations such as shopping and bargaining, travelling and also including military terminology in selected situations. The students are expected to read and write simple sentences and able to communicate using various sentence structures. They will also be exposed to essays, poems and letters written in Spanish. Besides that, translation exercises will be included as part of classroom activities and students will be evaluated based on all four language skills which are reading, listening, speaking and writing.

Course Learning Outcomes

At the end of the course students are able to:

1. *Identify various types of basic sentences in the target language*
2. *Express basic sentences in the target language*
3. *Analyse basic conversations in selected situations*

References

1. Dawson, L.M., Potowski, K & Sobral, S. (2008). *Dicho y hecho*. 9th Edition. New York: John Wiley & Sons, Inc
2. Hammit, G. (2004). *Learn Spanish The Fast And Fun Way*. China: Barron's.
3. Diaz, J.M & Maria, F.N. (2006). *Spanish for Educators*. New York: McGraw-Hill Companies Inc.
4. Fernández, N.G. & Sanchez, J. (1981). *Español 2000 Nivel Elemental*. Madrid: SGEL
5. Truscott, S. (1994). *Easy Spanish Exercises Practise for Beginners*. London: McGrawHill.

BAHASA ASING – ARAB I LLA 3011
FOREIGN LANGUAGE – ARABIC I LLA 3011

1 Credit Hour

Pre-requisite : None

Course Synopsis

The Arabic Language is offered to students who have no prior knowledge of Arabic. The objectives of this course are to introduce students to the language and to equip them with the necessary language skills so as to enable them to speak, listen, read and write correctly in Arabic. In this course, various simple sentence structures, grammar and vocabulary will also be included so that the students will be able to communicate in simple daily conversations and in the selected communication situations.

Course Learning Outcomes

At the end of the course students are able to:

1. *Apply grammatical rules and writing systems of the target language in simple texts appropriately*

References

1. V. Abdur Raheem. (2012). *Durus al-'Arabiyyah Li Ghairi al-Natiqina Biha*, Arab Saudi. Penerbita Islmaic University al-Medinah al-Munawwarah.
2. Abdul Halim Muhammad. (2012), *Al-Tadribat al-Sarfiyyah*. Penebit UPM: Serdang.
3. Ghazi Al-Baytar, Mohd Puzhi Usop & Azlan Shaiful Baharum. (2011). *Tourist Guide Book*. Penerbit Ar-Risalah Product Sdn. Bhd.
4. Kamarul Shukri bin Mat Teh, et al. (2013). *al-Itqan Fi Ta'allum Lughat al-Quran*. Kuala Terengganu. Penerbit UniSZA.
5. Nur Hayati Che Hat, et al. (2014). *al-Murshid Fi Ta'allum al-Lughat al-Arabiyyah*. Kuala Terengganu: Penerbit UniSZA.
6. Rosli Othman. (2002). *Al-Insya' al-Wafiy*. Penerbitan Al-Madani: Gombak.
7. Al-Sheikh Mustafa al-Ghulayayni. (1989). *Al-Durus Al-Arabiyyah*. Egypt: Al-Maktabah Al-Misriyyah.

BAHASA ASING – MANDARIN I LLA 3031
FOREIGN LANGUAGE – MANDARIN I LLA 3031

1 Credit Hour

Pre-requisite : None

Course Synopsis

The course is intended for students without any prior knowledge of Chinese Language and aims to lay a solid foundation for students' further study in Chinese language. The course emphasises on the basic oral in Mandarin language and is designed with close reference to the military language and terminology. It includes the basic Chinese phonetics (Hanyu Pinyin System), pronunciation, vocabulary as well as simple grammar. The knowledge of Chinese History, Culture and Geography will also be introduced at appropriate points. Students are expected to be able to master 150-200 vocabulary and communicate for general purposes at the end of the course.

Course Learning Outcomes

At the end of the course students are able to:

1. *Illustrate basic construction and stroke order of Mandarin writing system*

References

1. Zhu Xiaoxing, Yue Jianling, Lv Yuhong & Zhu Peiru. (2007). *Menghayati Bahasa Mandarin*. Beijing: Higher Education Press.
2. Jiao Huafu & Hong Yunzhi. (2007). *Common Knowledge about Chinese Geography*. Beijing: Higher Education Press.
3. Ren Qiliang & Shi Xu. (2007). *Common Knowledge about Chinese Culture*. Beijing: Higher Education Press.
4. Wang Kai et al. (2007). *Common Knowledge about Chinese History*. Beijing: Higher Education Press.
5. Kang Yuhua & Lai Siping. (2005). *Conversational Chinese 301*. Beijing: Beijing Language and Culture University Press.

BAHASA ASING – RUSIA I LLA 3051
FOREIGN LANGUAGE – RUSSIAN I LLA 3051

1 Credit Hour

Pre-requisite : None

Course Synopsis

This beginner's Russian course is offered to students who have no prior knowledge of Russian. The objectives to this course are to introduce students to the language and to equip them with the necessary language skills so as to enable them to speak, listen, read and write correctly in Russian. In this course, various simple sentence structures, grammar and vocabulary will also be included so that the students will be able to communicate in simple daily conversations and function well in selected military communication situations.

Course Learning Outcomes

At the end of the course students are able to:

1. *Define all the morphological categories in the target language*

References

1. С. А. Хавранина, А. И. Широценская. (2003). Русский язык в упражнениях, 12-ое издание, стереотипное. Издательство Русский Язык, Москва.
2. Н. Б. Карабанова. (2002). Говорите Правильно, 2- ое издание, исправленное. Издательство Русский Язык Курсы.
3. П. А. Лекант & Е. И. Диброва. (2002). Современный русский язык. Издательство Дрофа, Москва.

BAHASA ASING – PERANCIS I LLA 3071
FOREIGN LANGUAGE – FRENCH I LLA 3071

1 Credit Hour

Pre-requisite : None

Course Synopsis

This beginner's French language course is offered to students who have no prior knowledge of French. The objectives of this course are to introduce students to the language and to equip them with the necessary language skills so as to enable them to speak, listen and read correctly in French. In this course, various simple sentence structures, grammar and vocabulary will also be included so that the students will be able to communicate in simple daily conversations. At the end of this course, students will be able to speak and read simple sentences in French.

Course Learning Outcomes

At the end of the course students are able to:

1. *Apply grammatical rules and writing systems of the target language in simple texts appropriately*

References

1. Wan Ikhlas Wan Mohtar. (2009). *Méthode de Français*. Kuala Lumpur: Penerbit Universiti Pertahanan Nasional Malaysia.
2. Mraz, C. (2011), *Enavant, methode de francais pour les militaires*. Intervenants FLE/FOS.DCSDI.
3. Marie-José Lopes & Jean-Thierry Le Bougnec. (2014). Totem 1: *méthode de français A1*. Hachette Français Langue Etrangère, Paris Cedex 15, France.
4. Baylon, C., Campa, A., Mestreit, C., Murillo, J. & Tost, M. (2000). *Forum: Méthode de Français 1*. Hachette Livre, 43 quai de Grenelle, 75 905 Paris Cedex.

BAHASA ASING – SEPANYOL I LLA 3091
FOREIGN LANGUAGE – SPANISH I LLA 3091

1 Credit Hour

Pre-requisite : None

Course Synopsis

The Spanish course for beginners is offered to students who have no prior knowledge of Spanish. The objectives of this course are to introduce students to the language and equip them with the necessary language skills so as to enable them to speak, listen, read and write. However, the main focus is to emphasise on basic speaking skills. Various simple sentence structures, grammar and vocabulary will also be included in order to enhance their ability to interact in simple daily conversations and function well in selected situations especially in military environments. The students will be evaluated based on classroom activities, coursework and the four language skills mainly listening, reading, speaking and writing.

Course Learning Outcomes

At the end of the course students are able to:

1. *Apply grammatical rules of the target language in simple texts*

References

1. Dawson, L. M., Potowski, K. & Sobral, S. (2008). *Dicho y hecho. 9th Edition*. New York: John Wiley & Sons, Inc.
2. Hammit, G. (2004). *Learn Spanish The Fast And Fun Way*. China: Barron's.
3. Jose, M.D & Maria, F.N. (2006). *Spanish for Educators*. New York: McGraw-Hill Companies Inc.
4. Fernández, N.G & Sanchez, J. (1981). *Español 2000 Nivel Elemental*. Madrid: SGEL
5. Truscott, S. (1994). *Easy Spanish Exercises Practise for Beginners*. London: McGrawHill.

BAHASA ASING – ARAB II LLA 3021
FOREIGN LANGUAGE – ARABIC II LLA 3021

1 Credit Hour

Pre-requisite : **ARABIC I LLA**

3011 Course Synopsis

The Arabic Language Course is offered to students who have already completed the Arabic Language I. The objectives of this course are to introduce students to the language and to equip them with the necessary language skills so as to enable them to speak, listen, read and write correctly in Arabic. In this course, various sentence structures, grammar and vocabulary will also be included so that the students will be able to communicate in daily conversations and in the selected communication situations.

Course Learning Outcomes

At the end of the course students are able to:

1. *Apply the correct grammar and vocabulary in basic conversations in the target language*

References

1. V. 'Abdur-Raheem. (2012). *Durus al- 'Arabiyyah Li Ghairi al-Natiqina Biha, Arab Saudi*. Penerbit Islamic University al-Medinah al-Munawwarah.
2. Abdul Halim Muhammad. (2012), *Al-Tadribat al-Sarfiyyah*. Penerbit UPM: Serdang.
3. Ghazi Al-Baytar, Mohd Puzhi Usop & Azlan Shaiful Baharum. (2011). *Tourist Guide Book*. Penerbit Ar-Risalah Product Sdn Bhd.
4. Kamarul Shukri bin Mat Teh, et al. (2013). *al-Itqan Fi Ta'allum Lughat al-Quran*. Kuala Terengganu. Penerbit UniSZA.
5. Nur Hayati Che Hat, et al. (2014). *al-Murshid Fi Ta'allum al-Lughat al-Arabiyyah*. Kuala Terengganu: Penerbit UniSZA.
6. Rosli Othman. (2002). *Al-Insya' al-Wafiy*. Penerbitan Al-Madani: Gombak.
7. Al-Sheikh Mustafa al-Ghulayayni. (1989). *Al-Durus Al-Arabiyyah*. Egypt: Al-Maktabah Al-Misriyyah.

BAHASA ASING – MANDARIN II LLA 3041
FOREIGN LANGUAGE – MANDARIN II LLA 3041

1 Credit Hour

Pre-requisite : **MANDARIN I LLA**

3031 Course Synopsis

This course is intended for students who had taken Mandarin I and aims to strengthen the foundation of the target language. The course further emphasises on the basic oral in Mandarin language and is designed with close reference to the military language and terminology. It includes the basic Chinese phonetics (Hanyu Pinyin System), pronunciation, vocabulary as well as simple grammar. The knowledge of Chinese History, Culture and Geography will also be introduced at appropriate points. Students are expected to be able to master 150-200 vocabulary and communicate for general purposes at the end of the course.

Course Learning Outcomes

At the end of the course students are able to:

1. *Apply the correct grammar and vocabulary in basic conversations in the target language*

References

1. Zhu Xiaoxing, Yue Jianling, Lv Yuhong & Zhu Peiru. (2007). *Menghayati Bahasa Mandarin*. Beijing: Higher Education Press.
2. Jiao Huafu & Hong Yunzhi. (2007). *Common Knowledge about Chinese Geography*. Beijing: Higher Education Press.
3. Ren Qiliang & Shi Xu. (2007). *Common Knowledge about Chinese Culture*. Beijing: Higher Education Press.
4. Wang Kai et al. (2007). *Common Knowledge about Chinese History*. Beijing: Higher Education Press.
5. Kang Yuhua & Lai Siping. (2005). *Conversational Chinese 301*. Beijing: Beijing Language and Culture University Press.

BAHASA ASING – RUSSIA II LLA 3061
FOREIGN LANGUAGE – RUSSIAN II LLA 3061

1 Credit Hour

Pre-requisite : RUSSIAN I LLA

3051 Course Synopsis

This elementary Russian course is offered to students who have prior knowledge of Russian I LLA3051. This is the elementary course to introduce the students to the uses of the cases of Russian language. It includes the Prepositional case, Accusative case, Dative case, reading, various exercises, useful vocabulary and basic conversations. The objectives of this course are to enable the students to understand the first 3 cases of Russian language, to write and speak correctly so that the students will be able to communicate in simple daily conversations and function well in selected military communication situations.

Course Learning Outcomes

At the end of the course students are able to:

1. *Apply grammar and vocabulary in basic conversations in the target language according to the rules of 3 cases of Russian grammar*

References

1. С. А. Хавранина & А. И. Широченская. (2003). Русский язык в упражнениях, 12-ое издание, стереотипное. Издательство Русский Язык, Москва.
2. Н. Б. Карабанова. (2002). Говорите Правильно, 2-ое издание, исправленное. Издательство Русский Язык Курсы.
3. П. А. Лекант & Е. И. Диброва. (2002). Современный русский язык. Издательство Дрофа, Москва.

BAHASA ASING – PERANCIS II LLA 3081
FOREIGN LANGUAGE – FRENCH II LLA 3081

1 Credit Hour

Pre-requisite : **FRENCH I LLA**

3071 Course Synopsis

This course is a continuation of French 1, where students will continue to develop basic concepts in French language and culture including French pronunciation, grammar and customs. Students will enhance and further develop their use of French in a balanced development of four skills: listening, speaking, reading and writing. This course is enhanced by the use of audio visual materials for the purpose of exposing students to a contemporary broad based French culture.

Course Learning Outcomes

At the end of the course students are able to:

1. *Apply the correct grammar and vocabulary in basic conversations in the target language*

References

1. Farah Farhana Awang. (2012). *Methode de Français II*. Kuala Lumpur: Penerbit Universiti, UPM.
2. Regine Merieux et Yves Coiseau. (2004). *Niveau I Connections*. Les editions Didier, Paris.
3. Miquel, C. (2002). *Vocabulaire progressif du Français avec 250 exercices*. Paris: CLE International.

BAHASA ASING – SEPANYOL II LLA 3101
FOREIGN LANGUAGE – SPANISH II LLA 3101

1 Credit Hour

Pre-requisite : **SPANISH I LLA**

3091 Course Synopsis

This course is the continuation of Spanish for beginners and the objectives focus on listening and speaking in specific situations such as shopping and bargaining, travelling and also including military terminology in selected situations. The students are expected to read and write simple sentences and able to communicate using various sentence structures. They will also be exposed to essays, poems and letters written in Spanish. Besides that, translation exercises will be included as part of classroom activities and students will be evaluated based on all four language skills which are reading, listening, speaking and writing.

Course Learning Outcomes

At the end of the course students are able to:

1. *Apply the correct grammar and vocabulary in basic conversations in the target language*

References

1. Dawson, L.M., Potowski, K & Sobral, S. (2008). *Dicho y hecho*. 9th Edition. New York: John Wiley & Sons, Inc
2. Hammit, G. (2004). *Learn Spanish The Fast And Fun Way*. China: Barron's.
3. Diaz, J.M & Maria, F.N. (2006). *Spanish for Educators*. New York: McGraw-Hill Companies Inc.
4. Fernández, N.G. & Sanchez, J. (1981). *Español 2000 Nivel Elemental*. Madrid: SGEL
5. Truscott, S.(1994). *Easy Spanish Exercises Practise for Beginners*. London: McGrawHill.

BAHASA ASING – ASAS MANDARIN PERUBATAN I LLM 3012
FOREIGN LANGUAGE – BASIC MEDICAL MANDARIN I LLM 3012

2 Credit Hour

Pre-requisite : None

Course Synopsis

The course focuses on awareness and understanding Mandarin as a foreign language. It emphasises on basic oral Mandarin, particularly on the medical terminology and vocabulary. At the same time, the lessons will cover aspects of fundamental grammar, dictation, common vocabulary and language expressions in Mandarin.

Course Learning Outcomes

At the end of the course students are able to:

- 1. Apply correct pronunciation, tone and spelling rules*
- 2. Demonstrate the ability to master 150-200 fundamental vocabulary*
- 3. Demonstrate the ability to make daily conversations and solve daily problems using the mastered vocabulary*

References

1. Kang Yuhua and Lai Siping. *Conversational Chinese 301*. (2005). Beijing: Beijing Language and Culture University Press.
2. William, I. W. Stephen, W. K. C. and Ng, A. (2009). *A Handbook of Practical Medical Terms (English-Chinese)*. Hong Kong: Hong Kong University Press.
3. Ou Ming. (2005). *A Handbook of Chinese Medical Terminology (Chinese-English)*. China: Guangdong Science and Technology Press.

ASAS TATABAHASA DAN PERBENDAHARAAN LLE 3042

BASIC GRAMMAR AND VOCABULARY LLE 3042

Pass / Fail

Pre-requisite: MUET Band 1 and 2

Course Synopsis

The course is designed for students who attained Bands 1 and 2 in the MUET examination. It focuses on the development of grammar and vocabulary of the students.

Course Learning Outcomes

At the end of the course students are able to:

- 1. Identify accurate grammatical rules.*
- 2. Demonstrate the ability to use accurate grammar in spoken and written discourse.*
- 3. Apply accurate vocabulary in spoken and written discourse correctly.*

References

- 1. Azar, B. S. (1996). Basic English Grammar. New Jersey: Prentice Hall Regents.*
- 2. Hashemi, L. (1995). English Grammar in Use Supplementary Exercises. Cambridge: Cambridge University Press.*
- 3. Ho Chui Chui. (2001) A Comprehensive Workbook for Preparatory English. Petaling Jaya: Prentice Hall.*
- 4. Broukal, M. (2005). Grammar 2- Form and Function. Singapore: McGraw Hill.*

Other References

- 1. Chantra Balasingam, Soo Kim Suwe & Rathabai Kunchiram. (2001). Progressive English for Malaysian College Students.*
- 2. Jones, L. (1994). Communicative Grammar Practice- Activities for intermediate students of English. Melbourne: Cambridge University Press.*

KURSUS ELEKTIF UNIVERSITI

Semua pelajar Program Sarjana Muda wajib melengkapkan enam (6) kredit Kursus Elektif Universiti. Pegawai Kadet diwajibkan mengikuti empat (4) kredit Latihan Ketenteraan Umum (LKU) dan dua (2) kredit kursus Tempur Tanpa Senjata bagi tujuan pengijazahan. Manakala PALAPES diwajibkan mengikuti enam (6) kredit kursus PALAPES. Pelajar awam yang gagal mengikuti Program PALAPES atas faktor kesihatan diwajibkan mencukupkan keperluan enam (6) kredit tersebut dengan kursus Ko-Kurikulum berkredit yang ditawarkan. Berikut merupakan senarai kursus elektif Universiti.

KOD	KURSUS	KREDIT
Pegawai Kadet		
ALK 3112	Latihan Ketenteraan Umum	2
ALK 3122	Latihan Ketenteraan Umum	2
QKS 3172	Tempur Tanpa Senjata	2
JUMLAH		6

KOD	KURSUS	KREDIT
PALAPES		
PLS 3111	PALAPES	1
PLS 3121	PALAPES	1
PLS 3131	PALAPES	1
PLS 3141	PALAPES	1
PLS 3151	PALAPES	1
PLS 3161	PALAPES	1
JUMLAH		6

NO	KOD	KURSUS	KREDIT
Untuk Pelajar Awam yang gagal mengikuti program PALAPES			
KOMPONEN SUKAN			
1.	QKS 3112	Tennis	2
2.	QKS 3122	Hockey	2
3.	QKS 3132	Futsal	2
4.	QKS 3142	Artistic Silat	2
5.	QKS 3152	Rugby	2
6.	QKS 3162	Football	2
7.	QSK 3112	Science In Sports	2
8.	QSK 3122	Sports Management	2
9.	QSK 3132	Physical Conditioning	2
10.	QSK 3142	Sports Psychology	2
11.	QSK 3152	Basic Coaching Science	2
12.	QSK 3162	Healthy Lifestyle	2
13.	QSK 3172	Physical Therapy	2
14.	QSK 3182	Sports Management	2
15.	QSK 3192	Karate	2
16.	QSK 3202	Taekwondo	2

Nota: Pelajar Awam – **Pilih (tiga) 3 kursus SAHAJA** bagi melengkapkan 6 kredit Elektif Universiti

KURSUS KO-KURIKULUM BERKREDIT

- 1) Ditawarkan oleh Jabatan Hal Ehwal Pelajar dan Alumni (JHEPA)

SENARAI KURSUS KOKURIKULUM BERKREDIT UNIVERSITI				
KOD KURSUS	KOD SETARA	KURSUS	KREDIT	SEMESTER
KOMPONEN PENGUCAPAN AWAM				
QKP1002	QKP 3112	ASAS PENGUCAPAN AWAM	2	TERBUKA
QKP1102	QKP 3122	ASAS PENGACARAAN MAJLIS	2	TERBUKA
QKP1202	QKP 3132	ASAS KEWARTAWANAN	2	TERBUKA
KOMPONEN KEBUDAYAAN				
QKB1002	QKB 3112	GAMELAN	2	TERBUKA
QKB1402	QKB 3122	SENI TARI	2	TERBUKA
QKB1502	QKB 3132	TEATER	2	TERBUKA
KOMPONEN KESUKARELAWANAN				
QKL 1002	QKL 3112	ASAS KESUKARELAWAN	2	TERBUKA
KOMPONEN KEUSAHAWANAN				
QKE1102	QKE 3112	ASAS KEUSAHAWANAN	2	TERBUKA
KOMPONEN DAYA USAHA DAN INOVASI				
QKI 1002	QKI 3112	ASAS FOTOGRAFI	2	TERBUKA
QKI 1202	QKI 3122	BATIK CANTING	2	TERBUKA
KOMPONEN KHIDMAT KOMUNITI				
QKK1002	QKK 3112	BAKTISISWA	2	TERBUKA
KOMPONEN KEPIMPINAN				
QKA 1011	QKA 3111	KESATRIA AL-FATEH 1	1	1
QKA 1021	QKA 3121	KESATRIA AL-FATEH 2	1	2
QKA 1022	QKA 3132	KESATRIA AL-FATEH 3	2	3

SINOPSIS KURSUS ELEKTIF UNIVERSITI

PEGAWAI KADET

LATIHAN KETENTERAAN UMUM ALK 3112

2 Jam Kredit

Pra-syarat : Tiada

Sinopsis Kursus

Kursus ini bertujuan untuk menerangkan kepentingan pentadbiran anggota tentera seperti Insuran Kelompok, Rancangan Kursus Peralihan ATM, serta Kumpulan Wang Kebajikan ATM dengan baik dan relevan, menjelaskan proses melaporkan pertuduhan, penangkapan dan pemulihan terhadap pertuduhan serta perintah yang sah bagi seorang Pegawai Atasan dan Komander Rendah dengan berdasarkan rujukan yang tepat, memasang dan mengendalikan senjata dengan kemas, betul dalam masa yang pantas dan mampu melaksanakan tindakan apabila mengalami kerosakan senjata serta mampu menulis semula Perintah Amaran dan Jenis Laporan Operasi serta Persuratan Tentera dengan susunan yang betul dan tepat.

Hasil Pembelajaran Kursus

Di akhir kursus ini pelajar dapat:

1. Menerangkan kepentingan pentadbiran anggota seperti Insuran Kelompok, Rancangan Kursus Peralihan ATM, Pentadbiran di Medan, Prinsip kepada Pertolongan Cemas serta Kumpulan Wang Kebajikan ATM dengan baik dan relevan.
2. Menulis semula Perintah Amaran dan Jenis Laporan Operasi serta Persuratan Tentera dengan susunan yang betul dan tepat.
3. Menjelaskan proses melaporkan pertuduhan, penangkapan dan pemulihan terhadap pertuduhan serta perintah yang sah bagi seorang Pegawai Atasan dan Komander Rendah dengan berdasarkan rujukan yang tepat.
4. Memasang dan mengendalikan senjata dengan kemas, betul serta dalam masa yang pantas dan mampu melaksanakan tindakan apabila mengalami kerosakan senjata.

Rujukan:

1. Panduan Pengurusan Dokumentasi Anggota ATM (MP 7.2.1A TD).
2. Falsafah Latihan Individu dan Profil Anggota TD (MD 7.1A TD).
3. Tactics (MD 3.0 TD).
4. Ilmu Medan Perang (T 3213).

5. Teori Senjata Kecil Infantri (Sementara) (T 3217).
6. Latihan Menggunakan Pistol 9mm HK S S/Browning (T 3212).
7. Panduan Prosedur Mahkamah Tentera (T 3021A).
8. Kemahiran Pengendalian Senjata (T 3225).

LATIHAN KETENTERAAN UMUM ALK 3122

2 Jam Kredit

Pra-syarat : Latihan Ketenteraan Umum ALK 3112

Sinopsis Kursus

Kursus ini menjurus kepada aplikasi dan pelaksanaan subjek berkenaan Lembaga Penyiasatan, Pelupusan, Semak Stok dan Penaksiran dijalankan, mengetahui dan mengenal pasti serta melaksanakan perbicaraan Pegawai Memerintah, Pegawai Pemerintah Rendah dan Mahkamah Tentera, melaksanakan audit sesebuah akaun perkhidmatan dengan tatacara yang betul, mengenalpasti dan mempamerkan formasi dan teknik-teknik berkawad panji-panji dengan baik, mengetahui dan mengenalpasti prinsip dan kemahiran bimbingan dan teori kaunseling dan tahap kaunseling, menunjuk dan mempamerkan teknik menyoal dengan betul serta dapat menerangkan tentang kebangkitan dan kemerosotan komunis di Tanah Melayu.

Hasil Pembelajaran Kursus

Di akhir kursus ini pelajar dapat:

1. Mengetahui dan mengenal pasti Lembaga Penyiasatan, Pelupusan, Semak Stok dan Penaksiran dijalankan.
2. Mengetahui dan mengenal pasti serta melaksanakan bagaimana perbicaraan Pegawai Memerintah, Pegawai Pemerintah Rendah dan Mahkamah Tentera, mengetahui tentang ringkasan dan cabutan keterangan dijalankan.
3. Melaksanakan audit sesebuah akaun perkhidmatan dengan tatacara yang betul.
4. Mengenal pasti dan mempamerkan formasi dan teknik-teknik berkawad Panji-panji dengan baik.
5. Mengetahui dan mengenal pasti prinsip dan kemahiran bimbingan dan teori kaunseling dan tahap kaunseling.
6. Menunjukkan dan mempamerkan teknik menyoal dengan betul.
7. Menerangkan tentang kebangkitan dan kemerosotan komunis di Tanah Melayu.

Rujukan:

1. Formasi Kawad dan Istiadat, T102.
2. Kawad Untuk Semua Pasukan, T 3101.
3. Musuh Kita, T3007A.
4. The Enemy, T3010.
5. Panduan kea rah kelakuan professional pegawai Td, T3009A.

6. Malaysia Army Training System, T3028.
7. Buku Panduan Urusan Gaji ATM.
8. Prosedur Mahkamah Tentera.
9. Akta Angkatan Tentera 1972.
10. Logistic Ops T3123.
11. Manual Pembekalan.
12. Formasi Kawad dan Istiadat.

TEMPUR TANPA SENJATA QKS 3172

2 Jam Kredit

Pra-syarat : Tiada

Sinopsis Kursus

Kursus ini menjurus kepada pergerakan-pergerakan dan lawang dalam TTS, pergerakan bertarung, kilas mengilas menggunakan senjata dan tanpa menggunakan senjata serta pemusnahan menggunakan anggota badan.

Hasil Pembelajaran Kursus

Di akhir kursus ini pelajar dapat:

1. Menunjukkan dan mempamerkan tendangan, tumbukan dan tangkisan dengan tangkas dan lebih yakin.
2. Menunjukkan dan mempamerkan pergerakan rebahan dan bantingan dengan betul.
3. Melaksanakan pemusnahan menggunakan badan dengan penuh yakin dan betul.

Rujukan:

1. Rancangan Pengurusan Latihan Jurulatih Tempur Tanpa Senjata PULAPOT.

PELAJAR AWAM BUKAN PALAPES

KOMPONEN SUKAN

TENIS QKS 3112

TENNIS QKS 3112

3 Jam Kredit

3 Credit Hours

Pra-syarat : Tiada

Pre-requisite: None

Sinopsis Kursus

Course Synopsis

Kursus ini bertujuan memberi pendedahan, pengetahuan teori dan amali (fizikal) kepada para pelajar mengenai teknik-teknik kemahiran sukan tenis. Penekanan diberikan kepada aspek kemahiran tenis dan kejurulatihan (kaedah mengajar dan melatih). Melalui kursus ini, penekanan juga akan diberikan kepada aspek-aspek kecergasan psikologi (mental) dan emosi. Aspek kepegawaian serta pengurusan juga akan diberi penekanan.

This course aims to provide exposure, theoretical and practical (physical) knowledge to students about the techniques and skills in tennis. It emphasizes the skills and coaching in tennis (teaching and training methods). Psychological and emotional aspects also will be emphasized in this course. Hence, officiating and management aspects will also be given emphasized.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Menjelaskan teknik-teknik asas berkaitan kemahiran dan undang-undang sukan tenis.
2. Mempamerkan kemahiran-kemahiran asas dalam sukan tenis dengan teknik yang betul.
3. Mempraktikkan kemahiran-kemahiran asas dalam permainan sukan tenis.

Learning Outcome

Upon completion of this course, students should be able to:

- 1. Explain the basic techniques related to the skills and laws of the sport of tennis.*
- 2. Demonstrate basic skills in tennis with proper technique.*
- 3. Practice basic skills in the game of tennis.*

Rujukan

References

- 1. Mark S. Kovacs , Paul Roetert , & Todd S. Ellenbecker. (2016). Complete Conditioning for Tennis (2nd Ed). Human Kinetics.Champaign IL.*
- 2. United States Tennis Association, USTA. (2015). Official Rules of Tennis. Human Kinetics. Champaign IL.*

HOKI QKS 3122
HOCKEY QKS 3122

2 Credit Hours

Pre-requisite : None

Course Synopsis

The course will expose the students to the development of hockey, principles, rules and regulations, and game skills. It will also expose the organisation in terms of games, physical fitness, staffing and game trainings.

Course Outcomes

At the end of the course students are able to:

- 1. Identify and describe the historical development of hockey in Malaysia and internationally, rules and regulations, skills and ethics in hockey, conditioning training and strategy.*
- 2. Master and demonstrate the basic skills in hockey.*
- 3. Apply the principles and event management practices in games and competitions.*

References

- 1. Helen Ten, & Haridas, M. P, (2005). Hoki: Siri Sukan Popular. Fajar Bakti.*
- 2. McGrath, C. (2008). A Chinese Hinterland, Fertile with Field Hockey. The New York Times.*

FUTSAL QKS 3132

FUTSAL QKS 3132

2 Jam Kredit
2 Credit Hours

Pra-syarat : Tiada
Pre-requisite: None

Sinopsis Kursus ***Course Synopsis***

Pelajar dalam kursus ini akan didedahkan dengan sejarah, undang-undang dan juga etika dalam sukan futsal. Selain itu, kemahiran teknikal dan taktikal permainan akan diajar dan dilatih agar pelajar mampu mempamerkan kemahiran permainan dengan lebih baik. Akhir sekali, pelajar perlu mengaplikasikan kemahiran sukan futsal ini bukan sahaja dalam latihan tetapi juga dalam permainan sebenar.

Students in this course will be exposed to the history, law and ethics in the futsal game. In addition, the technical and tactical skills of the futsal game will be taught and trained so that students are able to demonstrate their skills better. Finally, students need to apply these futsal skills not only in training but also in real games.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Menjelaskan berkenaan dengan undang-undang permainan, etika dan juga sejarah permainan.
2. Mempamerkan kemahiran-kemahiran asas dalam permainan futsal dengan teknik yang betul.
3. Mempraktikkan kemahiran asas sukan futsal dalam latihan dan permainan sebenar.

Learning Outcomes

At the end of the course, students are able to:

1. *Explain the laws, ethics and history of the game.*
2. *Demonstrate basic skills of futsal game with proper technique.*
3. *Apply basic futsal skills in training and real games.*

Rujukan

References

1. Hermans, V., & Engler, R. (2010). *Futsal: Technique, Tactics, Training*. Aachen: Meyer & Meyer Verlag.
2. Power, R (2017). *Deliberate Soccer Practice: 50 Small-sided Football Games to Improve Decision Making*. Bennion Kearney Limited
3. IFAB (2014). *Futsal Laws of the Game 2014/2015*.

SILAT SENI QKS 3142
ARTISTIC SILAT QKS 3142

2 Jam Kredit
2 Credit Hours

Pra-syarat : Tiada
Pre-requisite: None

Sinopsis Kursus
Course Synopsis

Kursus ini memberikan penekanan kepada asas pergerakan dalam silat yang wajib dikuasai oleh setiap pelajar. Penerapan teknik yang betul bagi menguasai dan mengaplikasikan kemahiran silat, konsep ansur maju pengajaran dan pembelajaran, serta memastikan pelajar mampu mempamerkan teknik asas dengan betul di akhir kursus. Pelajar-pelajar juga didedahkan dengan jenis-jenis pertandingan silat dan peraturan-peraturan berkaitan.

This course emphasizes the basics of movement in silat that must be mastered by every student. The application of proper techniques to master and apply silat skills, the concept of progression of teaching and learning, and ensure that students are able to demonstrate basic techniques correctly at the end of the course. Students are also exposed to the types of martial arts competitions and related rules.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Mempamerkan asas pergerakan dalam silat.
2. Mengetahui jenis pertandingan silat dan peraturan-peraturan berkaitan.
3. Berkomunikasi secara efektif semasa demonstrasi kemahiran dan bekerjasama dalam satu pasukan.

Learning Outcomes

At the end of the course, students are able to:

1. *Demonstrate the basics movement in silat.*
2. *Know the types of silat competitions and related rules.*
3. *Communicate effectively during skill demonstrations and work together as a team.*

Rujukan

References

1. Mulyana (2013). *Pendidikan Pencak Silat: Membangun Jati Diri dan Karakter Bangsa*. PT Remaja Rosdakarya.
2. Anuar, A. W. (1989). *Silat Olahraga: The art, techniques and regulations*. Dewan Bahasa Pustaka.

RAGBI QKS 3152
RUGBY QKS 3152

2 Jam Kredit
2 Credit Hours

Pra-syarat: Tiada
Pre-requisite: None

Sinopsis Kursus
Course Synopsis

Kursus ini akan memberikan pendedahan kepada pelajar tentang perkembangan ragbi di Malaysia dan antarabangsa, prinsip, undang-undang dan kemahiran asas permainan. Kemahiran-kemahiran asas dalam ragbi seperti cara memegang bola, membuat hantaran, menendang dan sebagainya perlu dikuasai oleh pelajar pada akhir kursus. Kursus ini juga menekankan asas kecergasan fizikal yang diperlukan oleh pemain ragbi dan kaitannya dengan asas dan keselamatan dalam permainan.

This course will provide an exposure to students regarding the development of rugby in Malaysia and internationally, the principles, laws and basic skills of the game. Basic skills in rugby such as holding the ball, making passes, kicking and so on need to be mastered by students at the end of the course. The course also emphasizes the basics of physical fitness that required by rugby players and its relevance to the basics and safety of the game.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Mempamerkan kemahiran asas ragbi.
2. Mengetahui jenis pertandingan ragbi dan peraturan-peraturan berkaitan.
3. Berkomunikasi secara efektif semasa demonstrasi asas kemahiran dan kecergasan fizikal serta bekerjasama dalam satu pasukan.

Learning Outcome

Upon completion of this course, students should be able to:

1. *Demonstrate basic rugby skills.*
2. *Know the types of rugby competitions and the rules.*
3. *Communicate effectively while demonstrating basic skills and physical fitness as well as working in a team.*

Rujukan

References

1. *World Rugby (updated 2015). World Rugby Handbook. World Rugby Organizations.*
2. *Gifford, C. (2018) Rugby Sports Skill. Franklin Watts, Inc.*

BOLA SEPAK QKS 3162
FOOTBALL QKS 3162

2 Jam Kredit
2 Credit Hours

Pra-syarat: Tiada
Pre-requisite: None

Sinopsis Kursus
Course Synopsis

Kursus ini akan mendedahkan pelajar tentang sejarah perkembangan bola sepak secara global dan Malaysia, undang-undang permainan dan juga teknologi terkini yang digunapakai dalam permainan. Selain itu, ciri-ciri asas permainan, asas sains sukan dan etika dalam permainan bola sepak juga akan turut dipelajari bagi memberikan pelajar ilmu pengetahuan yang menyeluruh. Aspek “character building” dari segi kejurulatihan, kepengadilan dan kepegawaian sukan bola sepak turut ditekankan.

This course will expose students to the history of the development of football globally and Malaysia, the laws of the game as well as the latest technology used in the game. In addition, the basic skills of the game, the application of sports science and ethics in the game of football will also be learned to give students a comprehensive knowledge. The character building aspect in terms of coaching referee and football officer are also emphasized.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Menjelaskan tentang sejarah perkembangan bola sepak di Malaysia dan antarabangsa, peraturan dan undang-undang, kemahiran dan etika permainan.
2. Mempamerkan kemahiran-kemahiran asas bola sepak dalam latihan.
3. Mempraktikkan teknik dan taktikal bola sepak dalam situasi permainan sebenar.

Course Outcomes

At the end of the course students are able to:

- 1. Explains the historical development of football in Malaysia and internationally, rules and regulations, skills and ethics in football.*
- 2. Demonstrate the basic skills in football.*
- 3. Apply the technique and tactical of football into the real game situation.*

Rujukan

References

- 1. Power, R (2017). Deliberate Soccer Practice: 50 Small-sided Football Games to Improve Decision Making. Bennion Kearney Limited*
- 2. IFAB (2020). Football: The Laws of the Game 2014/2015.*
- 3. Luxbacher, J (2014). Soccer: Steps to Success (4th ed.). Human Kinetics.*
- 4. Jennings, M & Howe, I (2010). Soccer Step by Step. The Rosen Publishing Group.*
- 5. Bompa, T. O & Buzzichelli, C, A (2018). Periodization: Theory and Methodology of Training (6th ed.). Human Kinetics.*

SAINS DALAM SUKAN QSK 3112

SCIENCE IN SPORTS QSK 3112

2 Jam Kredit
2 Credit Hours

Pra-syarat: Tiada
Pre-requisite: None

Sinopsis Kursus

Course Synopsis

Kursus ini membincangkan definisi dan konsep asas sains sukan untuk kumpulan orang tertentu, tahap masyarakat tertentu dan penerapan sains sukan dalam komuniti tertentu. Kepentingan komponen sains sukan dalam latihan dan latihan fizikal juga ditekankan untuk diterapkan oleh pelajar. Di samping itu, kursus ini juga membincangkan keseluruhan konsep sains dalam sukan yang berkaitan dengan falsafah, sejarah, isu semasa, dan kepentingan pengembangan sains dalam sukan dan kejurulatihan.

This course discusses the definition and basic concepts of sports science for certain groups of people, certain level of society and the application of sports science in certain community. The importance of sports science components in exercise and physical training are also emphasised to be applied by the students. In addition, this course also discusses the overall concept of science in sports which is related to philosophy, history, current issues, and the importance of development of science in sports and in coaching.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Menjelaskan definisi, falsafah, dan konsep asas sains sukan.
2. Mengenalpasti fungsi struktur setiap sistem tubuh dan hubungkait dengan senaman dan aktiviti.
3. Mempraktikkan pendekatan saintifik untuk latihan sukan dan kecergasan fizikal.

Course Outcomes

At the end of the course students are able to:

- 1. Define and identify the definition, philosophy, and basic concepts of sports science.*
- 2. Identify the structure and functions of each body system and relate it to exercise and sports activities.*
- 3. Practise scientific approaches to sports training and physical fitness.*

Rujukan

References

- 1. Bompa, T. O., & Haff, G. G. (2009). Periodization: Theory and Methodolgy of Training (5th ed.). Human Kinetics.*
- 2. Human Kinetics. (2010). Health and Wellness for Life. Human Kinetics.*
- 3. Kornspan, A. S. (2009). Fundamentals of Sport and Exercise Psychology. Human Kinetics.*
- 4. Magill, R. A. (2010). Motor Learning and Control: Concepts and Applications. McGraw-Hill.*
- 5. Whitney, E., Whitney, E. N., & Rolfes, S. R. (2010). Understanding Nutrition. Cengage Learning.*
- 6. Sewell, D., Watkins, P. & Griffin, M. (2015). Sport and Exercise Science: An Introduction. Routledge.*

PENGURUSAN SUKAN QSK 3122
SPORTS MANAGEMENT QSK 3122

3 Jam Kredit
3 Credit Hours

Pra-syarat : Tiada
Pre-requisite: None

Sinopsis Kursus
Course Synopsis

Kursus ini menyentuh berkaitan konsep, teori dan prinsip asas pengurusan sukan. Tumpuan diberi untuk meningkatkan pemahaman terhadap kepentingan asas pengurusan sukan pertahanan dan kesannya terhadap prestasi atlet.

This course is about the concept, theory and basic principle in sports management. Focus is on how to enhance the understanding of the importance of basic sports management and how it affects athlete's performance.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Memahami konsep dan ciri-ciri asas pengurusan yang memberi kesan kepada interaksi diantara jurulatih dan atlit dalam sukan pertahanan.
2. Memahami strategi untuk meningkatkan prestasi menerusi asas pengurusan sukan dengan penekanan kepada komunikasi, motivasi, ganjaran serta kempimpinan dalam sukan pertahanan.

Learning Outcomes

Upon completion of this course, students should be able to:

1. *Understand the concept and basic management features that can affect to the interaction between coaches and athletes in sports.*
2. *Understand the strategy to improve performance through basic sports management by focusing on the communication, motivation, rewards and leadership in sports.*

Rujukan

References

1. Lussier.Kimball. (2014). *Sport Management: Principles, Applications, Skills Development*. Thomson South-Western.
2. Parks.J.B., Zanger, ed.al. (2013). *Contemporary Sport Management*. Leeds: Human Kinetics.
3. Wee. E.H, Ong. T.F & Nadiah, D. T. A. (2012). *Pengurusan Strategik Sukan*. Oxford. Fajar.
4. Charles A. Bucher & March L. Krotee. (2010) *Management of Physical Education and Sport*. WCB/Mc Graw Hill

SUAIAN FIZIKAL QSK 3132

PHYSICAL CONDITIONING QSK 3132

2 Jam Kredit
2 Credit Hours

Pra-syarat: Tiada
Pre-requisite: None

Sinopsis Kursus

Course Synopsis

The purpose of this course is to enhance the students' knowledge on the concepts of physical fitness, principles of physical training, components of training, source and energy system, factors influencing individual fitness, training methodology and application in sports, phases and cycle of training and preparing training programmes for physical activities.

Tujuan kursus ini adalah untuk meningkatkan pengetahuan pelajar mengenai konsep kecergasan fizikal, prinsip latihan fizikal, komponen latihan, sumber dan sistem tenaga, faktor yang mempengaruhi kecergasan individu, metodologi latihan dan aplikasi dalam sukan, fasa dan kitaran latihan dan menyediakan program latihan untuk aktiviti fizikal.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Mengenalpasti konsep asas kecergasan fizikal dalam sukan.
2. Mengaplikasikan pengetahuan teori dan pengalaman praktikal untuk membina program latihan dalam meningkatkan prestasi atlet dalam sukan dan permainan.
3. Mendemonstrasikan tanggungjawab sosial, berkomunikasi secara berkesan dan mengamalkan kerja berpasukan dalam persekitaran sukan.

Course Outcomes

At the end of the course students are able to:

1. *Identify and understand the basic concepts of physical fitness in sports.*
2. *Combine theoretical knowledge and practical experiences in order to develop training programmes for athletes' performances in sports and games.*
3. *Demonstrate social responsibility, communicate effectively and practice teamwork in sports environment.*

Rujukan

References

1. *Bompa, T.O, & Carlo, A. B. (2018). Periodization Training for Sports (6th ed.). Champaign IL: Human Kinetics.*
2. *Gamble, P. (2019). Comprehensive Strength and Conditioning: Physical Preparation for Sports Performance. Informed in Sport*

PSIKOLOGI SUKAN QSK 3142
SPORTS PSYCHOLOGY QSK 3142

2 Jam Kredit
2 Credit Hours

Pra-syarat: Tiada
Pre-requisite: None

Sinopsis Kursus
Course Synopsis

Kursus ini menerangkan tentang asas-asas psikologi dalam sukan yang mana ia merupakan aspek sangat penting dalam menentukan prestasi semasa atlet. Kursus ini juga akan memberi pendedahan kepada atlet mengenai bagaimana meningkatkan keyakinan diri, memotivasi diri, dan memupuk sikap positif dalam penyertaan sukan. Ia juga menjelaskan kesan psikologi sukan dalam latihan, prestasi dan pertandingan.

This course explains the fundamentals of psychology in sports which is a very important aspect in determining the current performances of athletes. This course will also provide exposure to athletes on how to increase self-confidence, motivate themselves, and foster a positive attitude in sports participation. It also explains the impacts of sports psychology on training, performance and competition.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Mengenal dan menerangkan konsep, teori dan prinsip asas psikologi yang berkaitan dengan tingkah laku manusia.
2. Menjelaskan dan mengaplikasikan konsep dan prinsip psikologi asas dalam konteks sukan.
3. Mengaplikasikan pengetahuan secara teori dan praktikal dalam menguruskan tekanan, meningkatkan motivasi dan melakukan latihan mental bagi atlet dalam prestasi sukan dan permainan.

Course Outcomes

At the end of the course students are able to:

- 1. Identify and describe the concepts, theories and principles of fundamental importance in psychology related to human behaviours.*
- 2. Explain and apply the concepts and principles of basic psychology in the context of sports.*
- 3. Apply the knowledge theoretically and practically in order to manage stress, increase motivation and conduct mental training for athletes for their performances in sports and games.*

Rujukan

References

- 1. Tenenbaum, G. & Eklund, R. C. (2020). Handbook of Sport Psychology (4th ed.). WILEY*
- 2. Weinberg, R. S & Gould, D. (2015). Foundations of Sport and Exercise Psychology (6th ed.). Human Kinetics.*
- 3. Weinberg, R. (2011). Foundations of Sport and Exercise Psychology (5th ed). Human Kinetics.*
- 4. Williams, J. M. (2010). Applied Sport Psychology: Personal Growth to Peak Performance (6th ed). McGraw-Hill.*

ASAS SAINS KEJURULATIHAN QSK 3152

BASIC COACHING SCIENCE QSK 3152

2 Jam Kredit
2 Credit Hours

Pra-syarat: Tiada
Pre-requisite: None

Sinopsis Kursus

Course Synopsis

Kursus ini menerangkan definisi, objektif, falsafah, sejarah, isu-isu, dan kepentingan pembinaan dan pengembangan kejurulatihan sukan. Kursus ini juga akan membincangkan konsep asas latihan dan amalan profesional di pelbagai peringkat pengajian.

This course explains the definitions, objectives, philosophy, history, issues, and the importance of coaching and development of sports coaching. This course will also discuss the basic coaching concept and professional practice at various levels of study.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Mengenal pasti definisi konsep asas falsafah dan sains kejurulatihan.
2. Menghuraikan proses latihan dan ciri-ciri jurulatih berkualiti tinggi.
3. Mempraktikkan ilmu sains kejurulatihan sebagai jurulatih sukan.

Course Outcomes

At the end of the course students are able to:

1. *Identify the definition of basic concepts of philosophy and science of coaching.*
2. *Describe the training process and the characteristics of high-quality coaches.*
3. *Practice the science of coaching as a sports coach.*

Rujukan

References

1. Sabock, M. D., & Sabock, R. J. (2011). *Coaching: A Realistic Perspective* (10th ed.). Rowman & Littlefield.
2. Dexter, J., Dexter, G., & Irving, J. (2011). *Introduction to Coaching*. Sage.
3. Martens, R. (2012). *Successful Coaching* (4th ed.). Human Kinetics.

GAYA HIDUP SIHAT QSK 3162 **HEALTHY LIFESTYLE QSK 3162**

2 Jam Kredit
2 Credit Hours

Pra-syarat: Tiada
Pre-requisite: None

Sinopsis Kursus **Course Synopsis**

Kursus ini bertujuan untuk meningkatkan pengetahuan mengenai konsep, falsafah dan persepsi gaya hidup sihat dan, penjagaan kesihatan fizikal dan mental yang dapat diamalkan dalam kehidupan seharian. Kursus ini juga menekankan pentingnya kesihatan tubuh, amalan penjagaan kesihatan, kesan penyakit pada gaya hidup, kesan keluarga, masyarakat, dan genetik terhadap gaya hidup; dan bagaimana menguruskan tekanan dalam kehidupan.

This course aims to increase knowledge on the concept, philosophy and perception of a healthy lifestyle and, the physical and mental health care that can be practised in daily life. This course also emphasises the importance of bodily health, health care practices, the impact of diseases on lifestyle, the impact of families, communities, and genetics on lifestyle; and how to manage stress in life.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Mengenal pasti konsep, falsafah, teori dan persepsi gaya hidup sihat.
2. Huraikan gejala, korelasi dan kesan susulan amalan gaya hidup tidak sihat.
3. Kenal pasti kaedah dan ujian yang sesuai dan, jalankan program yang sesuai untuk kumpulan sasaran tertentu untuk meningkatkan gaya hidup sihat.

Course Outcomes

At the end of the course students are able to:

1. *Identify concepts, philosophy, theory and perception of a healthy lifestyle.*
2. *Describe symptoms, correlation and follow-up effects of unhealthy lifestyle practices.*
3. *Identify methods and apply appropriate programmes for specific target groups to enhance healthy lifestyle.*

Rujukan

References

1. Edlin, G., & Golanty, E. (2009). *Health and Wellness (10th ed.)*. Jones & Bartlett Learning.
2. Human Kinetics. (2010). *Health and Wellness for life. Human Kinetics*.
3. Seaward, B. (2011). *Health and Wellness Journal (3rd ed.)*. Jones & Bartlett Learning.

**SARJANA MUDA SAINS KETANGKASAN
PERTAHANAN**

(TERAS PROGRAM & ELEKTIF PROGRAM)

**BUKU PANDUAN AKADEMIK SARJANA MUDA
SESI 2022/2023**

**STRUKTUR PROGRAM DAN SENARAI KURSUS
PROGRAM SARJANA MUDA SAINS KETANGKASAN PERTAHANAN (ZS01)**

JUMLAH KREDIT

Jumlah keperluan kredit yang perlu dipenuhi untuk bergraduat adalah seperti yang tertera dalam jadual di bawah dalam **tempoh pengajian enam (6) semester lazim (3 tahun) dan dua semester pendek** dan memperoleh Purata Nilai Gred Kumulatif (PNGK) ≥ 2.00 . Pecahan kursus yang perlu diambil adalah seperti berikut:

KURSUS	KREDIT
Kursus Universiti:	
i. Kursus Teras Universiti	24
ii. Kursus Elektif Universiti	6
Kursus Teras Program:	
i. Teras Fakulti	62
Kursus Elektif Program	28
JUMLAH KREDIT UNTUK BERGRADUAT	120

**KURSUS TERAS PROGRAM
PROGRAM SARJANA MUDA SAINS KECERGASAN PERTAHANAN DENGAN
KEPUJIAN (ZS02)**

Senarai kursus teras program yang perlu dipenuhi (62 Kredit):

BIL.	KOD	KURSUS	KREDIT
1.	SPS3313	Latihan Suaian Kecergasan	3
2.	SPS3323	Anatomi dalam Sukan	3
3.	SPS3343	Latihan Sukan Prestasi Tinggi	3
4.	SPS3353	Pembelajaran Motor Sukan	3
5.	SPS3363	Pengurusan Sukan	3
6.	SPS3463	Teknologi dalam Sukan	3
7.	SPS3373	Pengujian dalam Kecergasan	3
8.	SPS3333	Pedagogi Kejurulatihan Sukan	3
9.	SPS3413	Pemakanan Sukan	3
10.	SPS3423	Pengurusan Kecederaan Sukan	3
11.	SPS3433	Biomekanik Sukan	3
12.	SPS3383	Psikologi Sukan	3
13.	SPS3483	Analisis Kemahiran Sukan	3
14.	SPS3523	Fisiologi Dalam Sukan	3
15.	SPS3494	Kaedah Kajian	4
16.	SPS3498	Projek Sarjana Muda	8
17.	SPS3538	Latihan Industri	8
		Jumlah	62

**KURSUS ELEKTIF PROGRAM
PROGRAM SARJANA MUDA SAINS KECERGASAN PERTAHANAN
DENGAN KEPUJIAN (ZS02)**

Senarai kursus elektif program:

BIL.	KOD	KURSUS	KREDIT
1.	SPS3733	Latihan Kemahiran Sukan – Renang	3
2.	SPS3743	Latihan Kemahiran Sukan – Olahraga (Balapan)	3
3.	SPS3753	Latihan Kemahiran Sukan – Olahraga (Padang)	3
4.	SPS3763	Latihan Kemahiran Sukan – Futsal	3
5.	SPS3893	Latihan Kemahiran Sukan – Bola Sepak	3
6.	SPS3772	Latihan Kemahiran Sukan – Tennis	2
7.	SPS3863	Latihan Kemahiran Sukan – Ragbi	3
8.	SPS3783	Latihan Kemahiran Sukan – Hoki	3
9.	SPS3792	Latihan Kemahiran Sukan – Badminton	2
10.	SPS3823	Latihan Kemahiran Sukan – Bola Baling	3
11.	SPS3883	Latihan Kemahiran Sukan – Menembak	3
12.	SPS3812	Latihan Kemahiran Sukan – Duathlon	2
13.	SPS3833	Pemasaran Sukan	3
14.	SPS3842	Latihan Kemahiran Sukan- Bola Tampar	2
15.	SPS3873	Kewartawanan Sukan	3

**** Wajib ambil: Setiap pelajar perlu melengkapkan 28 kredit kursus Elektif program**

STRUKTUR KURIKULUM
PROGRAM SARJANA MUDA SAINS KECERGASAN PERTAHANAN
DENGAN KEPUJIAN (ZS02)

TAHUN PERTAMA

SEMESTER 1			
Bil	Kod Kursus	Nama Kursus	Jam Kredit
1.	LLE3012	Bahasa Inggeris Untuk Penulisan Akademik	2
2.	LLF3XX1	Bahasa Asing I	1
3.	MPU3142	Falsafah dan Isu Semasa	2
4.	SPS3313	Latihan Suaian Kecergasan	3
5.	SPS3323	Anatomi dalam Sukan	3
6.	SPS3XX3	Elektif 1	3
7.	SPS3XX2	Elektif 2	2
8.	QKA3111	Kesatria Al Fateh	1
Jumlah Jam Kredit			17

SEMESTER 2			
Bil	Kod Kursus	Nama Kursus	Jam Kredit
1.	MPU3132	Penghayatan Etika Dan Peradaban	2
2.	LLE3032	Dialog Al Ghazali: Komunikasi Bahasa Inggeris	2
3.	LLF3XX1	Bahasa Asing II	1
4.	DUM3022	Kepimpinan Ketenteraan	2
5.	SPS3523	Fisiologi Dalam Sukan	3
6.	SPS3363	Pengurusan Sukan	3
7.	SPS3XX3	Elektif 3	3
8.	QKA3121	Kesatria Al Fateh	1

SEMESTER PENDEK			
Bil	Kod Kursus	Nama Kursus	Jam Kredit
1.	SPS3463	Teknologi Dalam Sukan	3
2.	SPS3xx3	Elektif 4	3
3.	SPS3xx3	Elektif 5	3
Jumlah Jam Kredit			9

TAHUN KEDUA

SEMESTER 3			
Bil	Kod Kursus	Nama Kursus	Jam Kredit
1.	MPU 3312 / MPU 3322 / MPU 3332/ MPU3342	Nationhood in World Politics / Blue Ocean Strategy and Total Defence / Fiqh Keutamaan/Integrity and Anti - Corruption	2
2.	DUS3032	Undang-Undang Tentera dan Undang-Undang Konflik Bersenjata	2
3.	MPU3212	Asas Keusahawanan	2
4.	SPS3373	Pengujian dalam Kecergasan	3
5.	SPS3333	Pedagogi Kejurulatihan Sukan	3
6.	SPS3XX3	Elektif 6	3
7.	SPS3XX3	Elektif 7	3
8.	QKA3132	Kesatria Al-Fateh	2
Jumlah Jam Kredit			20

SEMESTER 4			
Bil	Kod Kursus	Nama Kursus	Jam Kredit
1.	MPU 3412 / MPU3422	Sains Lakuan Manusia / Khidmat Komuniti	2
2.	DUS 3022	Pengantar Pengajian Strategik	2
3.	DUS3012	Sejarah Ketenteraan	2
4.	SPS3413	Pemakanan Sukan	3
5.	SPS3423	Pengurusan Kecederaan Sukan	3
6.	SPS3433	Biomekanik Sukan	3
7.	SPS3xx2	Elektif 8	3
8.	QKX3XX2	Kurikulum Berkredit	2
Jumlah Jam Kredit			21

SEMESTER PENDEK			
Bil	Kod Kursus	Nama Kursus	Jam Kredit
1.	SPS3494	Kaedah Kajian	4
2.	SPS3xx3	Elektif 9	3
3.	SPS3xx3	Elektif 10	3
Jumlah Jam Kredit			10

TAHUN KETIGA

SEMESTER 5			
Bil	Kod Kursus	Nama Kursus	Jam Kredit
1.	SPS3498	Projek Sarjana Muda	8
2.	SPS3383	Psikologi Sukan	3
3.	SPS3353	Pembelajaran Motor dalam Sukan	3
4.	SPS3483	Analisis Kemahiran Sukan	3
5.	SPS3343	Latihan Sukan Prestasi Tinggi	3
Jumlah Jam Kredit			20

SEMESTER 6			
Bil	Kod Kursus	Nama Kursus	Jam Kredit
1.	SPS3xx8	Latihan Industri	8
Jumlah Jam Kredit			8

SINOPSIS KURSUS TERAS PROGRAM DAN ELEKTIF PROGRAM PROGRAM SARJANA MUDA SAINS KECERGASAN PERTAHANAN DENGAN KEPUJIAN (ZS02)

LATIHAN SUAIAI KECERGASAN SPS3313
FITNESS CONDITIONING TRAINING SPS3313

3 Jam Kredit
3 Credit Hours

Pra-syarat : Tiada
Pre-Requisite: None

Sinopsis Kursus
Course Synopsis

Kursus ini memberikan penekanan kepada pelajar tentang konsep kecergasan fizikal, prinsip-prinsip latihan, komponen kecergasan, persediaan latihan atau aktiviti fizikal serta faktor yang mempengaruhi kecergasan fizikal dalam sukan. Pelajar turut didedahkan kepada asas pengukuran dan penilaian komponen-komponen kecergasan dalam sukan serta mengenal peralatan latihan yang terkini.

This course emphasis student on the concept of physical fitness, training principles, fitness components, training preparation or physical activity as well as factors that influence physical fitness in sports. Students are also exposed to the basics of measuring and evaluating fitness components in sports as well as getting to know the latest training equipment.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Pelajar akan dapat mengenal dan menunjukkan peralatan serta prinsip penggunaannya yang digunakan dalam latihan bebanan.
2. Dapat mengaplikasikan persediaan latihan fizikal sebelum, semasa dan selepas melakukan latihan.
3. Pelajar dapat membuat asas pengukuran dan penilaian komponen kecergasan fizikal sukan pertahanan.
4. Menghuraikan pengertian, konsep, dan teori persediaan fizikal sukan pertahanan dalam konteks yang jelas dan bermakna.

Learning outcomes

Upon completion of this course, students should be able to:

- 1. Students will be able to identify and demonstrate the equipment and principles of its use used in load training.*
- 2. Able to apply physical training preparation before, during and after training. Students can make the basis of measurement and evaluation of the components of physical fitness of defense sports.*
- 3. Explain the meaning, concept, and theory of physical preparation of defense sports in a clear and meaningful context.*

Rujukan

References

- 1. Grey Brittenham, Daniel Taylor (2014). Conditioning To The Core. Human Kinetics*
- 2. Kassim, M., Ahmad, S.K.S., & Muda, B.B. (2015). Konsep Latihan dalam Sukan. Siri Kejurulatihan ke-8. Pekan Ilmu Publication Sdn. Bhd. Kuala Lumpur.*
- 3. Kassim, M., & Ahmad, S.K.S (2014). Latihan Kecergasan Fizikal. Pekan Ilmu Publications Sdn.Bhd. Kuala Lumpur*
- 4. Pyke, Frank S. (2013). Coaching excellence. Champaign, IL : Human Kinetics*

ANATOMI DAN FISILOGI DALAM SUKAN SPS3323 **ANATOMY AND PHYSIOLOGY IN SPORTS SPS3323**

3 Jam Kredit
3 Credit Hours

Pra-syarat : Tiada
Pre-requisite: None

Sinopsis Kursus **Course Synopsis**

Kursus ini memberi penekanan kepada konsep dan prinsip asas anatomi dan fisiologi manusia di dalam bidang sukan. Kursus ini juga mendedahkan kepada pelajar hubungan interaksi di antara sistem-sistem tubuh dalam memberikan fungsi keseluruhan tubuh yang optima dan bersesuaian dalam sebarang keadaan. Kaedah pengajaran-pembelajaran dan penilaian yang bersesuaian digunakan bagi memastikan pelajar berupaya memahami konsep-konsep penting mengenai anatomi dan fisiologi dalam sukan seterusnya pelajar dapat mengaplikasikannya dalam pengendalian latihan senaman secara lebih saintifik dan berkesan.

This course emphasizes the basic concepts and principles of human anatomy and physiology in the field of sports. This course also exposes the students to the interaction and relationship between body systems in providing optimal and appropriate overall body function in any situation. Appropriate teaching-learning and assessment methods are used to ensure that students are able to understand important concepts about the anatomy and physiology in sports and then students will be able to apply in handling exercise training more scientifically and effectively.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Mengaplikasi terminologi yang digunakan untuk menerangkan struktur dan bentuk tubuh.
2. Menerangkan fungsi sistem fisiologi badan manusia.
3. Mengenalpasti dan memahami fungsi struktur tubuh manusia semasa menjalankan aktiviti sukan.
4. Menjelaskan mekanisme di antara semua sistem dalam tubuh manusia yang berkaitan dengan aktiviti sukan pertahanan.

Learning Outcomes

Upon completion of this course, students should be able to:

- 1. Apply the terminology used to describe the structure and shape of the body.*
- 2. Explain the function of the physiological system of the human body.*
- 3. Identify and understand the structural functions of the human body while conducting sports activities.*
- 4. Explain the mechanisms between all systems in the human body related to defense sports activities.*

Rujukan

References

- 1. Evans. N. (2013). Bodybuilding Anatomy. Human Kinectics. Champaign. IL*
- 2. Murray, B. & Kenney, W. L. (2016). Practical Guide to Exercise Physiology. Human Kinetics. Champaign. IL.*
- 3. Drake, R. L., Vogl, W. & Mitchell, A. (2010). Gray's Anatomy for Students (2nd Edition). Churchill Livingstone.*
- 4. Delavier, F. & Gundill, M. (2013). Mixed Mortial Atrs Anatomy. Hyuman Kinetics. Champaign.IL*
- 5. Contreras, B. (2013). Bodyweight Strength Training Anatomy. Human Kinetics. Champaign. IL*

LATIHAN SUKAN PRESTASI TINGGI- SPS3343

HIGH PERFORMANCE TRAINING - SPS3343

3 Jam Kredit

3 Credit Hours

Pra-syarat : Tiada

Pre-requisite: None

Sinopsis Kursus

Course Synopsis

Latihan sukan berprestasi tinggi akan mendedahkan pelajar kepada pelaksanaan latihan dan latihan yang spesifik yang boleh memberi peningkatan kepada pelbagai sukan. Setiap sukan mempunyai cabaran dan kecergasan fizikal atlet berbeza, oleh itu, program latihan prestasi sukan yang baik akan meningkatkan keupayaan atlet untuk melakukan kemahiran maksimum untuk pilihan sukan mereka.

High performance sports training will expose students to specific training implementations and training variants that can give improvement to various sports. Each sport has the challenge and physical fitness of the athlete is different, therefore, good athletic performance training program will improve athlete's ability to perform the maximum skill for their choice of sports.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

- 1. Menerangkan konsep latihan sukan pertahanan prestasi tinggi serta menerapkan pengetahuan dan kemahiran dalam konteks sukan.*
- 2. Memahami kepentingan latihan sukan berprestasi tinggi dan kesannya terhadap prestasi atlet dan sukan pertahanan.*
- 3. Menunjukkan dan memaparkan tindak balas secara aktif di bilik darjah dan mengamalkan tingkah laku beretika semasa menjalankan ujian dan kerja lapangan*

Learning Outcome

Upon completion of this course, students should be able to:

- 1. Explain the concept of high performance defense sports training as well as apply knowledge and skills in the context of sports.*
- 2. Understand the importance of high-performance sports training and its impact on athlete performance and defense sports.*
- 3. Demonstrate and display active responses in the classroom and practice ethical behavior while conducting tests and fieldwork.*

Rujukan

References

1. *D.Joyce, D. Lawinden (2014) High-Performance Training for Sports*
2. *Viru A. Adaptation in sports training. Boca Raton (FL): CRC Press, 1995*

PENGURUSAN SUKAN SPS3363
SPORTS MANAGEMENT SPS3323

3 Jam Kredit
3 Credit Hours

Pra-syarat : Tiada
Pre-requisite: None

Sinopsis Kursus
Course Synopsis

Kursus ini menyentuh berkaitan konsep, teori dan prinsip asas pengurusan sukan. Tumpuan diberi untuk meningkatkan pemahaman terhadap kepentingan asas pengurusan sukan pertahanan dan kesannya terhadap prestasi atlet.

This course is about the concept, theory and basic principle in sports management. Focus is on how to enhance the understanding of the importance of basic sports management and how it affects athlete's performance.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Memahami konsep dan ciri-ciri asas pengurusan yang memberi kesan kepada interaksi diantara jurulatih dan atlit dalam sukan pertahanan.
2. Memahami strategi untuk meningkatkan prestasi menerusi asas pengurusan sukan dengan penekanan kepada komunikasi, motivasi, ganjaran serta kempimpinan dalam sukan pertahanan.

Learning Outcomes

Upon completion of this course, students should be able to:

1. *Understand the concept and basic management features that can affect to the interaction between coaches and athletes in sports.*
2. *Understand the strategy to improve performance through basic sports management by focusing on the communication, motivation, rewards and leadership in sports.*

Rujukan

References

1. Lussier.Kimball. (2014). *Sport Management: Principles, Applications, Skills Development*. Thomson South-Western.
2. Parks.J.B., Zanger, ed.al. (2013). *Contemporary Sport Management*. Leeds: Human Kinetics.
3. Wee. E.H, Ong. T.F & Nadiah, D. T. A. (2012). *Pengurusan Strategik Sukan*. Oxford. Fajar.
4. Charles A. Bucher & March L. Krotee. (2010) *Management of Physical Education and Sport*. WCB/Mc Graw Hill

PENGUJIAN DALAM KECERGASAN SPS3463

EXERCISE TESTING AND FITNESS EVALUATION SPS3463

3 Jam Kredit
3 Credit Hours

Pra-syarat : Tiada
Pre-requisite: None

Sinopsis Kursus

Course Synopsis

Kursus ini membincangkan konsep, definisi dan prinsip pengujian, pengukuran dan penilaian dalam sukan, instrumen pengukuran, kriteria pembinaan dan pemilihan instrumen, kaedah dan teknik pengujian mengikut domain psikomotor, kognitif dan afektif, kaedah pengelolaan dan pentadbiran ujian amali, skor dan penganalisaan secara sistematik dalam menilai komponen kecergasan fizikal, pengukuran antropometri, pengukuran prestasi, pengukuran kemahiran sukan pertahanan.

This course discusses of the concepts, definitions and principles of testing, measurement and evaluation in sports, measuring instruments, construction criteria and selection of instruments, methods and techniques of testing according to psychomotor, cognitive and affective domains, methods of managing and administering practical tests, scores and systematic analysis in assessing the components of physical fitness, anthropometric measurement, performance measurement, sports skills measurement.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Menulis serta memberi maklumbalas dalam penulisan kertas konsep berhubung kriteria pemilihan ujian kecergasan fizikal dan kemahiran sukan.
2. Mengkritik jurnal serta mencadangkan jurnal untuk menyokong dapatan dalam menjelaskan penyelidikan yang berkaitan aspek kecergasan fizikal berlandaskan sukan.
3. Membina dan mengukuhkan kumpulan semasa menjalankan kerja kursus bagi membina bateri ujian kecergasan fizikal dan kemahiran sukan.
4. Menyediakan laporan alatan makmal yang berkaitan dengan kecergasan fizikal dan kemahiran sukan.

Learning outcomes

Upon completion of this course, students should be able to:

- 1. Write and provide feedback in writing concept papers regarding the selection criteria of physical fitness tests and defensive sports skills.*
- 2. Criticize journals and recommend journals to support the findings in explaining research related to aspects of physical fitness based on defense sports.*
- 3. Build and strengthen grouping during coursework to build physical fitness test battery and defensive sports skills.*
- 4. Provide reports of laboratory equipment related to physical fitness and defensive sports skills.*

Rujukan

References

- 1. Morrow Jr., Jackson, A. W., Disch, J. G, & Mood, D. P. (2015). Measurement and Evaluation in Human Performance (5th ed) Champaign: IL: Human Kinetics.*
- 2. Bishop P.A. (2017). Measurement and Evaluation in Physical Activity Applications: Exercise Science, Physical Education, Coaching, Athletic Training & Health. Taylor & Francis.*
- 3. Lacy A.C. & Williams S.M. (2018). Measurement and Evaluation in Physical Education and Exercise Science (8th ed). Routledge.*

PEDAGOGI KEJURULATIHAN SUKAN SPS3333

PEDAGOGY SPORTS COACHING SPS3333

3 Jam Kredit
3 Credit Hours

Pra-syarat : Tiada
Pre-requisite: None

Sinopsis Kursus

Course Synopsis

Kursus ini mendedahkan pelajar tentang konsep dan prinsip-prinsip latihan kejurulatihan untuk diaplikasikan dalam konteks metodologi kejurulatihan sukan spesifik. Tumpuan juga diberikan kepada faktor yang mempengaruhi kecergasan fizikal atlet, kaedah latihan fizikal serta penyediaan program latihan.

This course exposes students to the concepts and principles of coaching training to be applied in the context of a specific sports coaching methodology. It also focusses to the factors that affect the physical fitness of athletes, physical training methods as well as the preparation of training programs.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Menerangkan prinsip-prinsip metodologi kejurulatihan.
2. Mengaplikasikan pengetahuan kaedah latihan dalam konteks metodologi kejurulatihan.
3. Merancang program latihan sukan spesifik dengan menggunakan metodologi latihan yang betul.
4. Melaksanakan satu sesi latihan kejurulatihan berdasarkan prinsip asas metodologi latihan.
5. Berinteraksi dalam bekerja secara berpasukan untuk melaksanakan tugas yang diamanahkan.

Learning outcomes

Upon completion of this course, students should be able to:

1. *Explain the principles of coaching methodology.*
2. *Apply knowledge of training methods in the context of coaching methodology.*
3. *Plan specific sports training programs using the correct training methodology.*
4. *Implement a coaching training session based on the basic principles of training methodology.*
5. *Interact in teams working to perform the tasks entrusted to them.*

Rujukan

References

1. *Light R. & Harvey S. (2019). Positive Pedagogy for Sport Coaching: Athlete-centred coaching for individual sports (2nd ed). Taylor & Francis.*
2. *Armour K. (2013). Sport Pedagogy: An Introduction for Teaching and Coaching. Routledge.*
3. *Cassidy T.G., Jones R. L.. & Potrac P. (2015). Understanding Sports Coaching: The Pedagogical, Social and Cultural Foundations of Coaching Practice (3rd ed). Routledge.*

PEMAKANAN SUKAN SPS3413

SPORTS NUTRITION SPS3413

3 Jam Kredit
3 Credit Hours

Pra-syarat : Tiada
Pre-requisite: None

Sinopsis Kursus

Course Synopsis

Kursus ini memperkenalkan pelajar kepada asas nutrisi sukan dan kaitannya dengan kesihatan, kecergasan fizikal dan prestasi sukan atlet. Penekanan diberikan kepada pemahaman dan amalan pemakanan yang bukan sahaja menyihatkan tetapi juga yang sesuai untuk menggalakan adaptasi terhadap latihan dan prestasi yang optimum dalam sukan.

This course introduces students to the basics of sports nutrition and its relation to the health, physical fitness and athletic performance of athletes. Emphasis is placed on the understanding and practice of nutrition that is not only healthy but also appropriate to encourage adaptation to optimal training and performance in sports.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Mengenalpasti peranan nutrien dalam meningkatkan kesihatan, kecergasan dan prestasi sukan.
2. Mengaplikasi strategi nutrisi sukan dalam latihan dan pertandingan.
3. Mengamalkan nutrisi sukan dalam latihan dan pertandingan sukan.

Learning outcomes

Upon completion of this course, students should be able to:

1. *Identify the role of nutrients in improving health, fitness and sports performance*
2. *Apply sports nutrition strategies in training and competitions.*
3. *Practicing sports nutrition in training and sport competitions*

Rujukan

References

1. *Benardot, D. (2018). ACSM's Nutrition for Exercise Science. American College of Sports Medicine, USA.*
2. *Bean, A. (2017). The Complete Guide to Sports Nutrition: 8th edition. Bloomsbury, London*

PENGURUSAN KECEDEeraan SUKAN SPS3423 **SPORTS INJURY MANAGEMENT SPS3423**

3 Jam Kredit
3 Credit Hours

Pra-syarat : Tiada
Pre-requisite: None

Sinopsis Kursus **Course Synopsis**

Kursus ini memberi pelajar pengetahuan dan kemahiran asas dalam pengurusan awal kecederaan sukan oleh jurulatih mengikut konsep dan prinsip Perubatan Sukan. Peranan jurulatih sukan dalam mengendalikan masalah berkaitan dengan perubatan dan kesihatan atlet juga dibentangkan. Ia juga menerangkan prinsip pencegahan kecederaan sukan serta rawatan yang perlu diketahui oleh jurulatih. Pelajar juga akan didedahkan kepada teknik rawatan kecederaan sukan.

This course gives student a knowledge and basic skills in injury management by coaches following the concept and principle of Sports Medicine. Coaches' roles in handling the medical and athlete's health also will be presented. It also explains about the injury prevention and treatment that should be given at the early stage by the coaches. Student also will be exposed to the technique of treatment in sports injury.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Mengenalpasti jenis-jenis kecederaan yang berlaku dan jenis rawatan yang diperlukan.
2. Mengaplikasi rawatan asas kecederaan sukan pertahanan di lokasi kejadian.
3. Mempraktikkan kaedah pencegahan kecederaan dalam sukan pertahanan.

Learning Outcomes

Upon completion of this course, students should be able to:

1. *Identify types of injuries that occur and treatment needed.*
2. *Apply the basic first aid on the incident location.*
3. *Practice the injury prevention methods.*

Rujukan

References

1. Andrews, J. R., Harrelson, G. L., & Wilk, K. E. (2013). *Physical Rehabilitation of The Injured Athlete*. Elsevier Health Sciences.
2. Philbin, T. M. (2014). *Sports Injuries of the Foot: Evolving Diagnosis and Treatment*. Springer Science & Business Media.
3. Campbell, J. (2017). *International Trauma Life Support for Emergency Care Providers*. (8th ed). New Jersey, Pearson Education.

MEKANIK TINGKAH MOTOR KECERGASAN SPS3433

FITNESS BIOMECHANIC SPS3433

3 Jam Kredit
3 Credit Hours

Pra-syarat : Tiada
Pre-requisite: None

Sinopsis Kursus

Course Synopsis

Kursus ini memberi peluang kepada pelajar menerokai aspek saintifik asas pergerakan berdasarkan prinsip-prinsip mekanik asas pelbagai jenis pergerakan dan pencapaian sukan. Di samping itu, kursus ini juga mengaplikasikan analisis sama ada secara kualitatif atau kuantitatif dengan teknologi tersedia ada untuk memahami dan apresiasi pergerakan manusia dalam sukan

This course gives students the opportunity to explore the basic scientific aspects of movement based on the basic mechanical principles of various types of movement and sports achievement. In addition, this course also applies analysis either qualitatively or quantitatively with available technology to understand and appreciate human movement in sports.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Menjelaskan ilmu bidang dan teknik serta mekanik asas pergerakan manusia.
2. Mempamerkan kemahiran asas mekanik dalam pengajaran mata pelajaran kejurulatihan sukan.
3. Mempraktikkan kemahiran pengumpulan maklumat sepanjang pengajaran dan pembelajaran serta berkemahiran pembelajaran berterusan.

Learning Outcomes

Upon completion of this course, students should be able to:

1. *Explain the basic knowledge of basic mechanics of human movement.*
2. *Demonstrate basic mechanical skills in teaching sports coaching subjects.*
3. *Practice information gathering skills throughout teaching and learning as well as continuous learning skills.*

Rujukan

References

1. Payton, C.J., & Burden, A. (2018) *Biomechanical evaluation of movement in sport and exercise: The British Association of Sport and Exercise Sciences guide*. Routledge.
2. Watkins, J. (2014). *Fundamental biomechanics of sport and exercise*. Routledge.
3. Burkett, B (2013). *Sports mechanics for Coaches (3rd ed.)* Illionis: Human Kinetics.

PEMBELAJARAN MOTOR SUKAN SPS3353

MOTOR LEARNING SPS3353

3 Jam Kredit
3 Credit Hours

Pra-syarat : Tiada
Pre-requisite: None

Sinopsis Kursus

Course Synopsis

Memperkenalkan pelajar tentang konsep dan teori yang berkaitan dengan prestasi kemahiran motor seperti pemerolehan kemahiran, pembelajaran, membuat keputusan serta aplikasi dalam sukan pertahanan.

Introduce students to concepts and theories related to motor skills performance such as skills acquisition, learning, decision making and applications in defense sports.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Menjelaskan kepentingan pengajian pembelajaran dan kawalan motor.
2. Mempamerkan konsep dan ciri-ciri kemahiran motor, teori pembelajaran dan kawalan motor dan proses pembelajaran kemahiran.
3. Mempraktikkan strategi untuk meningkatkan pembelajaran serta menganalisis penyelidikan pembelajaran motor.

Learning Outcomes

Upon completion of this course, students should be able to:

1. *Define the importance of learning and motor control.*
2. *Demonstrate the concepts and characteristics of motor skills, learning theory and motor control and skills learning process.*
3. *Practice strategies to enhance learning as well as analyzing motor learning research.*

Rujukan

References

1. Coker, A.C. (2018). *Motor Learning and Control for Practitioners. (4th Edition).* Routledge.
2. Magill, R. & Anderson, D. (2017) *Motor Learning and Control Concepts and Applications.* McGraw-Hill Publishing.

TEKNOLOGI DALAM SUKAN SPS3373

SPORTS TECHNOLOGY SPS3373

3 Jam Kredit
3 Credit Hours

Pra-syarat : Tiada
Pre-requisite: None

Sinopsis Kursus

Course Synopsis

Kursus ini adalah bertujuan untuk menyerlahkan peningkatan kepentingan teknologi dalam sukan dan bagaimana teknologi boleh bertindak sebagai faktor tambahan dalam mempengaruhi keputusan sesuatu perlawanan sukan yang kompetitif. Pelajar-pelajar akan didedahkan dengan teknologi terkini pembangunan peralatan sukan, venue pertandingan, pengawasan dan lain-lain aspek teknologi sukan dan kesan yang mempengaruhi aplikasi sains sukan di kalangan atlet.

This course aims to highlight the increasing importance of technology in sports and how technology can act as an additional factor in influencing the results of a competitive sports match. Students will be exposed to the latest technology in the development of sports equipment, competition venues, supervision and other aspects of sports technology and the impact that affects the application of sports science among athletes.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Menjelaskan hubung kait di antara kemajuan teknologi dengan aplikasi sains sukan.
2. Mempamerkan inovasi baru dalam bidang teknologi sukan.
3. Mendemonstrasi kemahiran pengumpulan maklumat mengenai isu semasa berkaitan dengan penggunaan teknologi dalam bidang sukan.

Learning Outcomes

Upon completion of this course, students should be able to:

1. *Understand the relationship between technological advances and sports science applications.*
2. *Make new innovations in the field of sports technology.*
3. *Demonstrate skills in gathering information on current issues related to the use of technology in sports.*

Rujukan

References

1. Southgate D.F.L., Bull A.M.J., Childs P.R.N. (Eds.). (2016). *Sports Innovation, Technology and Research*. World Scientific.
2. Fuss F.K., Subic A., Strangwood M., Mehta R. (Eds.). (2015). *Routledge Handbook of Sports Technology and Engineering*. Routledge.

PSIKOLOGI SUKAN SPS3383
SPORTS PSYCHOLOGY SPS3383

3 Jam Kredit
3 Credit Hours

Pra-syarat : Tiada
Pre-requisite: None

Sinopsis Kursus
Course Synopsis

Kursus ini menyentuh berkaitan konsep, teori dan prinsip asas psikologi sukan pertahanan. Tumpuan diberi untuk meningkatkan pemahaman terhadap kepentingan asas psikologi sukan pertahanan dan kesannya terhadap prestasi atlet.

This course will explain on the basic concepts, theories and principles of sports psychology. The focus is on enhancing the understanding of the fundamental of the sports psychology and its impact on athlete performance.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Menerangkan konsep dan prinsip asas psikologi sukan serta mengaplikasi pengetahuan dan kemahiran dalam konteks sukan.
2. Menerangkan kepentingan ilmu psikologi sukan dan kesannya terhadap prestasi sukan di negara.
3. Menunjukkan dan mempamerkan respon secara aktif di dalam kelas dan mengamalkan tingkahlaku beretika ketika menjalankan ujian dan kerja lapangan.

Learning Outcomes

Upon completion of this course, students should be able to:

1. *Explain the basic concepts and principles of defense sports psychology as well as apply knowledge and skills in the context of sports.*
2. *Explain the importance of sports psychology and its impact on the performance of sports in the country.*
3. *Demonstrate the active participation in the classroom and practice ethical behavior while conducting tests and fieldwork.*

Rujukan

References

1. Tenenbaum, G. & Eklund, R. C. (2020). *Handbook of Sport Psychology* (4th ed.). WILEY
2. Weinberg, R. S & Gould, D. (2015). *Foundations of Sport and Exercise Psychology* (6th ed.). Human Kinetics.
3. Afremow, J. (2014). *The Champion's Mind: How Great Athletes Think, Train, and Thrive*. Rodale.

ANALISIS KEMAHIRAN SUKAN SPS 3483

SPORTS SKILL ANALYSIS SPS 3483

3 Jam Kredit
3 Credit Hours

Pra-syarat : Tiada
Pre-requisite: None

Sinopsis Kursus

Course Synopsis

Kursus ini mendedahkan pelajar kepada aplikasi sains sukan dalam menilai prestasi sukan. Analisa kemahiran sukan ini juga memberi maklumat yang diperlukan oleh jurulatih dalam usaha untuk meningkatkan prestasi dan mencapai matlamat yang spesifik. Pelajar juga berpeluang untuk merasai pengalaman bagaimana cara untuk melakukan analisis notariat dan juga analisis video dalam proses memberikan maklumat yang diperlukan oleh pasukan. Analisis boleh dilakukan sebelum, semasa dan selepas perlawanan sukan.

This course will expose students to the application of sports science in evaluating sports performance. Performance analysis of sports will provide the information needed for the coaches in order to improve sports performance and attain specific objectives. Students will be experienced how to use the notational analysis and the video analysis in the process of providing information to the team. The analysis can be provide during the game (live analysis), before the game (pre match analysis) and after the game (post match analysis).

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Menerangkan konsep dan teori dalam analisis kemahiran dan prestasi sukan
2. Mempamerkan keupayaan menganalisis kemahiran sukan sebelum, semasa dan selepas perlawanan.
3. Mempraktikan kemahiran analisis sukan secara individu atau berkumpulan

Learning outcomes

Upon completion of this course, students should be able to:

1. *Explain concepts and theories in analysis of sports skills and performance*
2. *Demonstrate the ability to analyze sports skills before, during and after the match.*
3. *Apply sports analysis skills individually or in groups*

Rujukan
Reference

1. Hughes, M., Franks, I. Franks, I.M. Dancs, Henriette. (2019) *The Essentials of Performance Analysis in Sport: Third Edition*. Routledge.
2. McGarry, T., O'Donoghue, P., de Eira Sampaio, A. J., & Sampaio, J. (Eds.). (2013). *Routledge handbook of sports performance analysis*. Routledge.
3. O'Donoghue, P. *An Introduction to Performance Analysis of Sport*. (2014). Routledge.

KAEDAH PENYELIDIKAN SPS3494
RESEARCH METHODOLOGY SPS3494

3 Jam Kredit
3 Credit Hours

Pra-syarat : Tiada
Pre-requisite: None

Sinopsis Kursus
Course Synopsis

Kursus ini membincangkan konsep dan kaedah penyelidikan kualitatif dan kuantitatif dalam sukan; latar belakang kajian; pernyataan masalah; persoalan kajian; hipotesis; metodologi kajian; instrumen kajian; pengenalan dalam penggunaan statistik dalam analisis menggunakan SPSS; analisis data kajian; penulisan kertas cadangan dan perbincangan kertas penyelidikan. Menghasilkan kertas projek/disertasi berkaitan dengan bidang yang dipilih.

This course discusses the concepts and methods of qualitative and quantitative research in sports; background research; problem statements; research questions; hypothesis; research methodology; research instruments; introduction in the use of statistics in analysis using SPSS; analysis of study data; writing of proposal papers and discussion of research papers. Produce project papers / dissertations related to selected fields.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Mengenal pasti latar belakang kajian, pernyataan isu/masalah, objektif, persoalan/hipotesis.
2. Mengenalpasti reka bentuk kajian dan metodologi kajian.
3. Mengaplikasikan pengetahuan dan kemahiran penyelidikan yang telah dipelajari.
4. Menghasilkan kertas projek/ disertasi.

Learning Outcomes

Upon completion of this course, students should be able to:

1. *Identify the background of the study, research problems, objectives, questions/hypotheses.*
2. *Identify the research design and research methodology.*
3. *Apply the research knowledge and skills that have been learned.*
4. *Produce project papers/dissertations.*

Rujukan

References

1. Thomas, J. R., Silverman, S., & Nelson, J. (2015). *Research methods in physical activity, 7E. Human kinetics.*
2. Gratton, C., & Jones, I. (2010). *Research methods for sports studies. Taylor & Francis.*
3. Camerino, O., Castañer, M., & Anguera, T. M. (Eds.). (2014). *Mixed Methods Research in the Movement Sciences: Case studies in sport, physical education and dance (Vol. 5). Routledge.*
4. Jones, I. (2014). *Research methods for sports studies. Routledge.*

PROJEK SARJANA MUDA SPS3488

FINAL YEAR PROJECT SPS3488

8 Jam Kredit
8 Credit Hours

Pra-syarat : Tiada
Pre-requisite: None

Sinopsis Kursus

Course Synopsis

Pelajar dikehendaki melengkapkan projek tahun akhir di bawah penyeliaan penyelia dan mendokumentasikan hasil dapatan mereka. Pelajar akan mengumpul maklumat-maklumat berkaitan dengan bidang projek melalui aktiviti tinjauan/tinjauan literatur, menggunakan kaedah-kaedah mengumpul data yang sesuai, menulis penemuan semasa dan rujukan berkaitan. Pelajar akan merancang dan mengurus projek dengan mengaplikasikan segala konsep, teori dan prinsip sains kejurulatihan dan sukan yang telah dipelajari.

Students are required to accomplish a final year project under the supervision of a supervisor and document their findings. Students will gather information related to the project field through survey / literature review activities, use appropriate data collection methods, write current findings and related references. Students will plan and manage the project by applying all the concepts, theories and principles of coaching science and sports that have been learned.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Mengaplikasi konsep, teori and prinsip sains kejurulatihan dan sukan.
2. Merancang dan merekabentuk projek sesuai dengan keperluan tugas.
3. Menguruskan rancangan projek bagi menghasilkan hasil dapatan.

Learning Outcomes

Upon completion of this course, students should be able to:

1. *Apply concepts, theories and principles of coaching science and sports.*
2. *Plan and design projects according to task requirements.*
3. *Manage project plans to produce findings.*

Rujukan

References

1. *Buku Panduan Projek Sarjana Muda Akademi Kecergasan Pertahanan*

LATIHAN INDUSTRI SPS3538

INDUSTRIAL TRAINING SPS3538

8 Jam Kredit

8 Credit Hours

Pra-syarat : Tiada

Pre-requisite: None

Sinopsis Kursus

Course Synopsis

Pelajar akan diberi pendedahan dengan keadaan situasi sebenar didalam bidang Kecergasan Sukan Pertahanan. Latihan ini memberi peluang kepada pelajar mempraktikkan apa yang telah dipelajari. Pengalaman praktikal yang diperolehi semasa menjalani latihan adalah penting bagi menghasilkan graduan berpandangan jauh dan realistik serta menyediakan pengalaman berguna kepada pelajar dalam mendedahkan mereka kepada persekitaran kerja.

Students will be given exposure to the real situation in the field of Defense Sports Fitness. This exercise gives students the opportunity to practice what they have learned. Practical experience gained during training is important to produce graduates who are far-sighted and realistic as well as provide useful experiences to students in exposing them to the work environment

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Mengaplikasi perkara yang dipelajari dan menyelesaikan permasalahan di dalam bekerja.
2. Menerangkan pengalaman latihan industri dengan melaksanakan pembentangan dan laporan.
3. Membiasakan diri mereka dengan dunia pekerjaan, khususnya dalam bidang yang berkaitan dengan kecergasan sukan.

Learning outcome

Upon completion of this course, students should be able to:

1. *Apply what is learned and solve problems in work.*
2. *Explain the experience of industrial training by performing presentations and reports.*
3. *Familiarize themselves with the world of work, especially in areas related to fitness in sports.*

Rujukan
References

1. *Buku Panduan Latihan Industri UPNM*

LATIHAN KEMAHIRAN SUKAN – RENANG SPS3713

SPORTS SKILL TRAINING- SWIMMING SPS3713

3 Jam Kredit
3 Credit Hours

Pra-syarat : Tiada
Pre-requisite: None

Sinopsis Kursus

Course Synopsis

Kursus ini melibatkan aspek-aspek pengetahuan asas, peralatan, teknik, pengelolaan dan pengurusan sistematik dalam aktiviti renang. Penumpuan khusus ditekankan terhadap kemahiran, keyakinan diri, kecergasan fizikal dan mental dengan mengaplikasikan kaedah-kaedah sains sukan.

This course involves the aspect of basic knowledge, equipment needed, techniques, organizing and systematic management in swimming activities. It is focus on skills, self-confident, physical and mental fitness by applying the sports science method.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Berupaya untuk melakukan sekurang-kurangnya dua jenis gaya renang.
2. Menguasai teknik apungan ketika berada di dalam air.
3. Mengaplikasikan prinsip sains sukan dalam melatih kecergasan untuk sukan renang.
4. Memahami undang-undang yang diguna pakai sewaktu mengendalikan kejohanan sukan renang.

Learning Outcomes

Upon completion of this course, students should be able to:

1. *Master at least two types of swimming strokes.*
2. *Perform the floating technique in the water.*
3. *Apply the basic principles of sports science to train physical fitness for swimmers.*
4. *Understand the rules and laws that been applied when handling and organising swimming events.*

Rujukan

References

1. Hannula, D & Thornton. N. (2012). *The Swim Coaching Bible, Voleme II. Human Kinetics. Champaign. K*
2. Guzman R. (2007). *The Swimming drill book. Champaign : Human Kinetics*

LATIHAN KEMAHIRAN SUKAN – OLAHRAGA (BALAPAN) SPS3743
SPORTS SKILL TRAINING –ATHLETIC (TRACK) SPS3743

3 Jam Kredit
3 Credit Hours

Pra-syarat : Tiada
Pre-requisite: None

Sinopsis Kursus
Course Synopsis

Kursus ini akan mendedahkan pelajar dengan teknik kemahiran asas dalam bidang-bidang dalam sukan melalui pembelajaran dan pembinaan dengan menggunakan aspek sains sukan. Selain itu, pelajar akan didedahkan kepada prinsip latihan dan peraturan sukan dalam acara-acara lapangan

This course will expose students to basic skills techniques in fields in sports through learning and construction using aspects of sports science. In addition, students will be exposed to the principles of training and sports rules in field events

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Boleh melakukan kemahiran acara medan atletik asas
2. Boleh merancang dan menganjurkan program latihan atau aktiviti yang melibatkan aspek sains sukan.
3. Dapat mengatur acara sukan.
4. Boleh melakukan sintesis pelbagai pengetahuan dalam sukan terutamanya dalam acara-acara lapangan.

Learning outcomes

Upon completion of this course, students should be able to:

1. *Can perform basic athletic field event skills*
2. *Can plan and organize training programs or activities involving aspects of sports science.*
3. *Able to organize sports events.*
4. *Can synthesize various knowledge in sports especially in field events.*

Rujukan

References

1. MAAU / KOAM. (2011). *Buku Peraturan Olahraga KOAM 2010 – 2011:KL.KOAM*
2. Reuter, B. (2012). *Developing Endurance. Human Kinetics. Champaign. IL*
3. Brechue, W. F. (2011) *Structure-function relationships that Determine Sprint Performance and Running Speed in Sport International . Champaign. IL.*
4. IAAF Level I (2000). *Middle and long distance & race walking events textbook. IAAF, Monaco Cedex: IAAF.*
5. IAAF Level II (2000). *IAAF basic coaching manual. IAAF, Monaco Cedex: IAAF.*

LATIHAN KECERGASAN SUKAN – OLAHRAGA (PADANG)- SPS3753
SPORTS SKILL TRAINING –ATHLETIC (FIELD) SPS3753

3 Jam Kredit
3 Credit Hours

Pra-syarat : Tiada
Pre requisite: None

Kursus Sinopsis
Course Synopsis

Kursus ini akan mendedahkan pelajar dengan teknik kemahiran asas dalam acara lapangan dalam atletik melalui pembelajaran dan bimbingan dengan penerapan aspek sains sukan. Selanjutnya pelajar akan didedahkan dengan prinsip latihan dan peraturan atletik dalam acara lapangan.

The course will expose students with basic skills techniques in field events in athletics through learning and coaching with application of the sports science aspects . Furthermore students will be exposed to principle of training and athletic rules in field events .

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Mampu melakukan kemahiran asas acara sukan atletik
2. Mampu merancang dan mengatur program atau aktiviti bimbingan yang melibatkan aspek sains sukan.
3. Mampu menganjurkan acara sukan

Learning Outcome

Upon completion of this course, students should be able to:

1. *Able to perform basic athletic field events skill*
2. *Able to plan and organize coaching programme or activities involving the sports science aspects.*
3. *Able to organize an athletic event*

Rujukan

References

1. MAAU / KOAM. (2014). *Buku Peraturan Olahraga KOAM 2010 – 2011:KL.KOAM*
2. Reuter, B. (2012). *Developing Endurance. Human Kinetics. Champaign. IL*
3. Brechue, W. F. (2011) *Structure-function relationships that Determine Sprint Performance and Running Speed in Sport International . Champaign. IL.*
4. IAAF Level I (2000). *Middle and long distance & race walking events textbook. IAAF, Monaco Cedex: IAAF.*
5. IAAF Level II (2000). *IAAF basic coaching manual. IAAF, Monaco Cedex: IAAF.*

LATIHAN KEMAHIRAN SUKAN – RAGBI-SPS3763

SPORTS SKILL TRAINING –RUGBY SPS3763

3 Jam Kredit
3 Credit Hours

Pra-syarat : Tiada
Pre requisite: None

Kursus Sinopsis

Course Synopsis

Kursus ini akan memberikan pendedahan kepada pelajar tentang perkembangan ragbi di Malaysia dan antarabangsa, prinsip, undang-undang dan kemahiran asas permainan. Kemahiran-kemahiran asas dalam ragbi seperti cara memegang bola, membuat hantaran, menendang dan sebagainya perlu dikuasai oleh pelajar pada akhir kursus. Kursus ini juga menekankan asas kecergasan fizikal yang diperlukan oleh pemain ragbi dan kaitannya dengan asas dan keselamatan dalam permainan.

This course will provide an exposure to students regarding the development of rugby in Malaysia and internationally, the principles, laws and basic skills of the game. Basic skills in rugby such as holding the ball, making passes, kicking and so on need to be mastered by students at the end of the course. The course also emphasizes the basics of physical fitness that required by rugby players and its relevance to the basics and safety of the game.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Mempamerkan kemahiran asas ragbi.
2. Mengetahui jenis pertandingan ragbi dan peraturan-peraturan berkaitan.
3. Berkomunikasi secara efektif semasa demonstrasi asas kemahiran dan kecergasan fizikal serta bekerjasama dalam satu pasukan.

Learning Outcome

Upon completion of this course, students should be able to:

1. *Demonstrate basic rugby skills.*
2. *Know the types of rugby competitions and the rules.*
3. *Communicate effectively while demonstrating basic skills and physical fitness as well as working in a team.*

Rujukan

References

1. *World Rugby (updated 2015). World Rugby Handbook. World Rugby Organizations.*
2. *Gifford, C. (2018) Rugby Sports Skill. Franklin Watts, Inc.*

LATIHAN KEMAHIRAN SUKAN-TENIS-SPS3773

SPORTS SKILL TRAINING –TENNIS SPS3773

3 Jam Kredit
3 Credit Hours

Pra-syarat : Tiada
Pre-requisite: None

Sinopsis Kursus

Course Synopsis

Kursus ini bertujuan memberi pendedahan, pengetahuan teori dan amali (fizikal) kepada para pelajar mengenai teknik-teknik kemahiran sukan tenis. Penekanan diberikan kepada aspek kemahiran tenis dan kejurulatihan (kaedah mengajar dan melatih). Melalui kursus ini, penekanan juga akan diberikan kepada aspek-aspek kecergasan psikologi (mental) dan emosi. Aspek kepegawaian serta pengurusan juga akan diberi penekanan.

This course aims to provide exposure, theoretical and practical (physical) knowledge to students about the techniques and skills in tennis. It emphasizes the skills and coaching in tennis (teaching and training methods). Psychological and emotional aspects also will be emphasized in this course. Hence, officiating and management aspects will also be given emphasized.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Menjelaskan teknik-teknik asas berkaitan kemahiran dan undang-undang sukan tenis.
2. Mempamerkan kemahiran-kemahiran asas dalam sukan tenis dengan teknik yang betul.
3. Mempraktikkan kemahiran-kemahiran asas dalam permainan sukan tenis.

Learning Outcome

Upon completion of this course, students should be able to:

1. *Explain the basic techniques related to the skills and laws of the sport of tennis.*
2. *Demonstrate basic skills in tennis with proper technique.*
3. *Practice basic skills in the game of tennis.*

Rujukan

References

1. *Mark S. Kovacs , Paul Roetert , & Todd S. Ellenbecker. (2016). Complete Conditioning for Tennis (2nd Ed). Human Kinetics.Champaign IL.*
2. *United States Tennis Association, USTA. (2015). Official Rules of Tennis. Human Kinetics. Champaign IL.*

LATIHAN KEMAHIRAN SUKAN – HOKI-SPS3783

SPORTS SKILL TRAINING –HOCKEY SPS3783

3 Jam Kredit
3 Credit Hours

Pra-syarat : Tiada
Pre-requisite: None

Sinopsis Kursus
Course Synopsis

Kursus ini akan mendedahkan pelajar dengan sejarah, undang-undang permainan dan juga kemahiran asas dalam permainan hoki. Selain itu, konsep latihan teknikal dan taktikal serta latihan fizikal dalam sukan hoki akan turut diajar. Akhir sekali, pelajar perlu mengaplikasikan kemahiran sukan hoki dalam latihan dan permainan sebenar.

This course will expose students to the history, laws of the game and the basic skills of hockey. In addition, the concepts of technical and tactical training as well as physical training in hockey will also be taught. Finally, students need to apply hockey skills in training and real games situation.

Hasil Pembelajaran

1. Mempamerkan kemahiran-kemahiran asas dalam permainan hoki dengan teknik yang betul.
2. Berkomunikasi secara efektif semasa menunjukcara kemahiran dan bekerjasama dalam satu pasukan..
3. Membuat keputusan dalam penyelesaian masalah berkaitan undang-undang permainan hoki.

Rujukan **References**

1. Zakrajsek, B.D., Carnes, L.A, & Pettigrew, E.F. (2005). *Quality lessons plans for field hockey*. Champaign, IL: Human Kinetics.
2. Sharma. T.C.(2005). *Kejurulatihan Hoki*. Kuala Lumpur: Kumpulan Budiman.
3. Corsi.J., & Hannon.J. (2002). *The hockey goalie's handbook the authoritative guide for players and coaches*. Chicago: Contemporary Books.

LATIHAN KEMAHIRAN SUKAN – BADMINTON-SPS3792

SPORTS SKILL TRAINING –BADMINTON SPS3792

2 Jam Kredit
2 Credit Hours

Pra-syarat : Tiada
Pre-requisite: None

Sinopsis Kursus

Course Synopsis

Kursus ini memperkenalkan kepada pelajar undang-undang, teknik, taktik dan kemahiran permainan badminton. Kursus ini juga mendedahkan kepada pelajar strategi permainan, latihan dan kaedah pengajaran badminton. Pelajar juga didedahkan dengan perancangan dan pengurusan kejohanan badminton.

This course introduces students the laws, techniques, tactics and skills of badminton's game. This course also exposes students the game strategies, training and teaching methods of badminton. Students are also exposed to the planning and management of a badminton competition.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Menjelaskan berkenaan dengan undang-undang permainan, etika dan juga sejarah permainan.
2. Mempamerkan kemahiran-kemahiran asas dalam permainan hoki dengan teknik yang betul.
3. Mempraktikkan kemahiran asas sukan hoki dalam latihan dan permainan sebenar.

Learning Outcomes

Upon completion of this course, students should be able to:

1. *Explain the laws, ethics and history of the game.*
2. *Demonstrate basic skills of hockey game with proper technique.*
3. *Apply basic hockey skills in training and real games.*

Rujukan

References

1. Jake, M. (2010). *Field Hockey Firsts. Sport Fictions*
2. Zakrajsek, B.D., Carnes, L.A, & Pettigrew, E.F. (2005). *Quality lessons plans for field hockey. Champaign, IL: Human Kinetics.*
3. Sharma. T.C.(2005). *Kejurulatihan Hoki. Kuala Lumpur: Kumpulan Budiman.*
4. Corsi.J., & Hannon.J. (2002). *The hockey goalie's handbook the authoritative guide for players and coaches. Chicago: Contemporary Books.*

LATIHAN KEMAHIRAN SUKAN – FUTSAL-SPS3763

SPORTS SKILL TRAINING –FUTSAL SPS3763

3 Jam Kredit
3 Credit Hours

Pra-syarat : Tiada
Pre-requisite: None

Sinopsis Kursus

Course Synopsis

Pelajar dalam kursus ini akan didedahkan dengan sejarah, undang-undang dan juga etika dalam sukan futsal. Selain itu, kemahiran teknikal dan taktikal permainan akan diajar dan dilatih agar pelajar mampu mempamerkan kemahiran permainan dengan lebih baik. Akhir sekali, pelajar perlu mengaplikasikan kemahiran sukan futsal ini bukan sahaja dalam latihan tetapi juga dalam permainan sebenar.

Students in this course will be exposed to the history, law and ethics in the futsal game. In addition, the technical and tactical skills of the futsal game will be taught and trained so that students are able to demonstrate their skills better. Finally, students need to apply these futsal skills not only in training but also in real games.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Menjelaskan berkenaan dengan undang-undang permainan, etika dan juga sejarah permainan.
2. Mempamerkan kemahiran-kemahiran asas dalam permainan futsal dengan teknik yang betul.
3. Mempraktikkan kemahiran asas sukan futsal dalam latihan dan permainan sebenar.

Learning Outcomes

At the end of the course, students are able to:

1. *Explain the laws, ethics and history of the game.*
2. *Demonstrate basic skills of futsal game with proper technique.*
3. *Apply basic futsal skills in training and real games.*

Rujukan
References

1. *Hermans, V., & Engler, R. (2010). Futsal: Technique, Tactics, Training. Aachen: Meyer & Meyer Verlag.*
2. *Power, R (2017). Deliberate Soccer Practice: 50 Small-sided Football Games to Improve Decision Making. Bennion Kearney Limited*
3. *IFAB (2014). Futsal Laws of the Game 2014/2015.*

LATIHAN KEMAHIRAN SUKAN – BOLA TAMPAR-SPS3843

SPORTS SKILL TRAINING –VOLLEYBALL SPS3843

3 Jam Kredit
3 Credit Hours

Pra-syarat : Tiada
Pre-requisite: None

Sinopsis Kursus

Course Synopsis

Melalui kursus ini pelajar akan diperkenalkan dengan kemahiran asas dalam permainan bola tampar, konsep ansur maju dalam kejurulatihan sukan, perancangan kaedah mengajar dan pengelolaan latihan kemahiran. Kursus ini memerlukan pelajar mengaplikasikan teori, prinsip, undang-undang serta strategi dalam permainan bola tampar.

Through this course students will be exposed with basic skills in the game of volleyball, the concept of progression in sports coaching, planning of teaching methods and management of skills training. This course requires students to apply theories, principles, laws and strategies in the game of volleyball.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Mengenalpasti kemahiran-kemahiran asas yang perlu dikuasai dalam permainan bola tampar.
2. Mempamerkan kemahiran-kemahiran asas dalam permainan hoki dengan teknik yang betul.
3. Berkomunikasi secara efektif semasa menunjukcara kemahiran dan bekerjasama dalam satu pasukan.

Learning Outcomes

At the end of the course, students are able to:

1. *Identify the basic skills that need to be mastered in the game of volleyball.*
2. *Demonstrate basic skills in the game of hockey with proper technique.*
3. *Communicate effectively while demonstrating skills and working together in a team.*

Rujukan

References

1. *Dearing, J. (2018). Volley ball Fundamentals (Sports Fundamentals), (2nd ed). Human Kinetics, Inc.*
2. *American Volleyball Coaches Association (AVCA). (2012). The Volleyball Drill Book. Human Kinetics, Inc.*

LATIHAN KEMAHIRAN SUKAN – BOLA BALING SPS3813

SPORTS SKILL TRAINING –HANDBALL SPS3813

3 Jam Kredit
3 Credit Hours

Pra-syarat : Tiada
Pre-requisite: None

Sinopsis Kursus

Course Synopsis

Pelajar akan didedahkan dengan kemahiran asas dalam permainan bola baling, konsep ansur maju dalam pengajaran dan pembelajaran, perancangan kaedah mengajar dan pengelolaan latihan kemahiran. Kursus ini memerlukan pelajar mengaplikasikan teori, prinsip, undang-undang serta strategi dalam permainan bola baling, kepegawaian bola baling dan pengurusan seterusnya melaksanakan pertandingan dengan jayanya.

Hasil Pembelajaran

1. Melakukan kemahiran asas permainan.
2. Menyusun atur perlakuan selaras dengan pelan pengajaran, penggunaan alat bantu-mengajar dan pentaksiran yang dilaksanakan dengan menerapkan prinsip biomekanik dan pembelajaran motor.
3. Pengurusan pertandingan.

Rujukan

References

1. Clanton, R. & Dwight, M.P. (2014). *Team Handball*. Champaign, IL: Human Kinetics
2. Phillips, B.E. (2013). *Fundamental Handball*. NY: Small village Publication.
3. Clanton, R. & Dwight, M. P. (2014). *Team Handball eBook: Steps to Success*. Champaign, IL: Human Kinetics.
4. *Coaching: Coaching Certification Program* Ammon, R., Blair, D., and Southall.

LATIHAN KEMAHIRAN SUKAN – SILAT-3852

SPORTS SKILL TRAINING –SILAT SPS3852

3 Jam Kredit
3 Credit Hours

Pra-syarat : Tiada
Pre-requisite: None

Sinopsis Kursus

Course Synopsis

Kursus ini memberikan penekanan kepada asas pergerakan dalam silat yang wajib dikuasai oleh setiap pelajar. Penerapan teknik yang betul bagi menguasai dan mengaplikasikan kemahiran silat, konsep ansur maju pengajaran dan pembelajaran, serta memastikan pelajar mampu mempamerkan teknik asas dengan betul di akhir kursus. Pelajar-pelajar juga didedahkan dengan jenis-jenis pertandingan silat dan peraturan-peraturan berkaitan.

This course emphasizes the basics of movement in silat that must be mastered by every student. The application of proper techniques to master and apply silat skills, the concept of progression of teaching and learning, and ensure that students are able to demonstrate basic techniques correctly at the end of the course. Students are also exposed to the types of martial arts competitions and related rules.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

4. Mempamerkan asas pergerakan dalam silat.
5. Mengetahui jenis pertandingan silat dan peraturan-peraturan berkaitan.
6. Berkomunikasi secara efektif semasa demonstrasi kemahiran dan bekerjasama dalam satu pasukan.

Learning Outcomes

At the end of the course, students are able to:

4. *Demonstrate the basics movement in silat.*
5. *Know the types of silat competitions and related rules.*
6. *Communicate effectively during skill demonstrations and work together as a team.*

Rujukan

References

3. Mulyana (2013). *Pendidikan Pencak Silat: Membangun Jati Diri dan Karakter Bangsa*. PT Remaja Rosdakarya.
4. Anuar, A. W. (1989). *Silat Olahraga: The art, techniques and regulations*. Dewan Bahasa Pustaka.

PEMASARAN SUKAN SPS3883
SPORT MARKETING SPS3883

3 Jam Kredit
3 Credit Hours

Pra-syarat : Tiada
Pre-requisite: None

Sinopsis Kursus
Course Synopsis

Kursus ini membincangkan tentang konsep asas pemasaran di dalam industri sukan. Tumpuan diberikan prinsip-prinsip pemasaran sukan, tingkah laku pengguna dalam industri sukan, pengiklanan dan promosi sukan serta penajaan di dalam sukan.

This course discusses the basic concepts of marketing in the sports industry. Focus is given to the principles of sports marketing, consumer behavior in the sports industry, sports advertising and promotion and sponsorship in sports.

Hasil Pembelajaran

Di akhir pembelajaran, pelajar akan dapat:

1. Menjelaskan konsep asas pemasaran yang berkaitan dengan industri sukan.
2. Mengaplikasikan teori-teori pemasaran sukan.
3. Merancang kertas kerja program perancangan pemasaran sukan.
4. Mempraktikkan amalan-amalan pemasaran sukan di dalam industri sukan.

Learning outcomes

Upon completion of this course, students should be able to:

1. *Explain the basic concepts of marketing related to the sports industry.*
2. *Apply sports marketing theories.*
3. *Planning a working paper for sports marketing.*
4. *Practicing sports marketing in the sports industry.*

Rujukan
References

1. Shank, M.D., & Lyberger, M.R. (2015). *Sport Marketing: A Strategic Perspective*. Routledge.
2. Mullin, B.J., Hardy, S. & Sutton, W.A. (2018). *Sport Marketing*. Human Kinetic Publisher.