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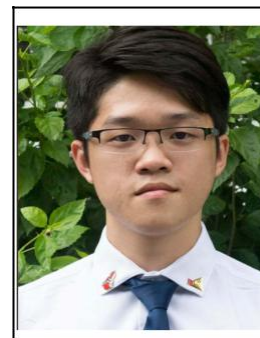


**BEYOND EDUCATION**  
**LOG BOOK**

# **CO-CURRICULUM FOR**

# **GYM WORKOUT**

## **SESSION 202009**



### **Personal Information**

**Name** : Kong Mun Jun

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**Course Programme** : Bachelor of Computer Science in Data Science

Part	Marks
I. Rules and Regulations (25 marks)	
II. Current Development and Issues (25 marks)	
III. My Personal Activity Log (30 marks)	
IV. Reflections (20 marks)	
TOTAL:	

### **Performance Evaluation**

Throughout the practical session, the performance of all the students who enroll in the co-curriculum course will be evaluated through marks and graded. However, the grades will not contribute to the GPA and CGPA.

Games/Sports & Cultural courses are evaluated based on the following:

- |                     |     |
|---------------------|-----|
| i. Attendance       | 20% |
| ii. Log Book        | 20% |
| iii. Involvement    | 10% |
| iv. Achievement     | 10% |
| v. Technical skills | 40% |

### **Attendance**

1. Students who are absent from the Co-curriculum course and present a letter/proof of the reasons stated below will be considered absent with a remark:
  - a. Medical Certificate (MC)
  - b. Represent TAR University College for external events (RC)
  - c. Death of **IMMEDIATE** family member (DC)
  - d. Leave of absence approved by Faculty
  - e. Skip letter approved by Deputy Director of DSA or Branch Campus Head
2. Students who are absent with the reasons below will not be considered present:
  - a. Personal matters (PTPTN submission)

**Course Content/ Lesson Plan**

<b>Lesson 1</b>	Introduction of Rules & Regulations. Introduction to Health & Wellness.
<b>Lesson 2</b>	Cardio Fitness & Flexibility Exercise
<b>Lesson 3</b>	Anatomy. Core Strengthening Exercises.
<b>Lesson 4</b>	Introduction to Muscle Fitness Exercises Demonstrating exercise with equipment
<b>Lesson 5</b>	Introduction to Exercise Programme Demonstrating Exercise Programme
<b>Lesson 6</b>	Introduction to Group Exercise Demonstrating Group Exercise
<b>Lesson 7</b>	Discussion and Practice of Group Exercise
<b>Lesson 8</b>	Individual Skills Test
<b>Lesson 9</b>	Group Exercise Presentation
<b>Lesson 10</b>	Description for Co-Curricular Day Activities Group Fitness Activities: Practice & Feedback
<b>Lesson 11</b>	Preparations & Practise for Co-Curricular Day Activities
	Co Curricular Day

### **I) Rules and Regulations (25 marks)**

To abstract the important rules and regulations of gymnasium usage.

#### Attire and Footwear

1. Proper Workout Attire (Shorts, T-Shirts, Sweatpants, Sweatshirts) should be worn during exercising.
2. Bare Feet and Slippers are not allowed during the workout to prevent injuries.
3. Shirts must be worn at all times to maintain positive exercise ethics.

#### Prohibition

1. Foods and Bags are not allowed at the sports venue. Bags needed to put into the lockers that are provided by the facility itself.
2. Outsider is prohibited. Users are required to register themselves at the counter and present student ID card to the staff before using the facilities.

#### Gym Equipment

1. It is a must to clean up the sweats on the equipment after workouts.
2. All Weights (Plates, Dumbbells) are required to return to their position after use.
3. Do not Slam, Drop, Clang, or Throw the Weights (Plates, Dumbbell) on the floor when finished.
4. Stand an Arm length away from the glass mirror when working out with Dumbbells and Weights.
5. Personal Towels are necessary as it is used to wipe the sweats dripped on the equipment.
6. Follow the instructions and directions giving by the trainers and sign to prevent injury or damage to the equipment.
7. Ask for assistance from the staff if you are not familiar with the equipment.
8. Own safety and any injuries are own responsible, so extra careful when using the equipment.

#### Physical Condition

1. Having Warm-ups, Stretching, and Cooling-down during exercise able to reduce injury
2. Proper use of equipment able to work your muscle efficiently and prevent injury too.
3. When using all machines and free weights, must not let the weights fall rapidly but release them slowly in a controlled manner.

**(180 - 200 words)**

## **II) Current Development and Issues in Gym Workout (25 marks)**

Choose an article on any current issue (6 months to date) regarding health & fitness. Write your **personal opinion** regarding the issue in 180 – 200 words & attach the issue.

(newspaper / webpage printout)

<https://www.malaymail.com/news/malaysia/2020/05/10/adopt-the-new-normal-when-exercising-training-outdoor/1864769>

Adopt the new Normal when exercising training outdoor

# **Adopt the new normal when exercising, training outdoor**

Sunday, 10 May 2020 10:48 AM MYT



A view of people jogging at the Titikwangsa lake park in Kuala Lumpur May 4, 2020. — Picture by Shafwan Zaidon

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GLC recruitment not enough to h  
jobless Malaysians

13 minutes ago

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identified, four more clusters  
discontinued today

Due to the Covid-19 situation where the Government applied the condition of MCO, CMCO, EMCO, etc. Most of the indoor activities are prohibited to operate, included the Gym. However, the government encourages outdoor activities like jogging or sports activities in the park. This change leads to having an increase in the number of citizens starts to involve themselves in Calisthenics.

Calisthenics is a type of exercise that uses only own body weight and gravity to challenge themselves and build muscles, whereas the gym is a type of exercise that using equipment as weight and build muscle. The gym is more to bodybuilder training as what they aim is to gain a bigger size of muscle as their achievement. However, Calisthenics is bodyweight training as the only bodyweight we used to exercise, challenging ourselves with gravity, and do progressions to achieve all kinds of fancy movements like Muscle-ups, Airwalk pull-ups, Planche, Human Flag, and other more.

Equipment for Calisthenics always can see in the park which is the Pull up bar or Dip Bar and dumbbell or plates doesn't appear in the park which allow citizen start to learn how to use it and involving themselves in calisthenics. Home workout also counted as we are using our body weight to workout instead of getting ourselves dumbbell or plates.

What I like about Calisthenics is it able us to train multiple muscles at a time, for example, during Pull-ups, we able to train our Biceps, Shoulder, Back, and Core which “One stone kills Four birds”. Calisthenics also an exercise which is a combination of balancing and strength, as some movements are needed balancing such as Planche or the Handstand. Muscle build during calisthenics also will be balance as athlete will trained themselves both sides like push up, instead of one side like one hand push up. However, Some movement exercises in Gym only able to focus on one muscle such as lifting the dumbbell only able us to train the biceps.

In the nutshell, during these MCO period, more and more people started home workout and slowly involving themselves into calisthenics and Calisthenics soon or later will be the trend in the exercise society.

**(180 - 200 words)**

### III) My Personal Activity Log (30 marks)

Date	Start & End Time	Duration	Activity	Goal	Confirmed by Staff / Student
30/10	5:30pm - 7:30pm	2hour	Cardio (4set) Skipping Rope 1min Jumping Jack 20sec Plank Jump x20	Enhance Stamina	SiewKL (Mom)
31/10	5:00pm - 7:00pm	2hour	Pull Day (3set) Pull up x10 Chin up x8  Wide Pull Up x 8	Biceps, Shoulder, Back Muscle	SiewKL (Mom)
01/11	5:00pm - 7:00pm	2hour	Cardio (4set) Skipping Rope 1min Jumping Jack 20sec Plank Jump x20	Enhance Stamina	SiewKL(Mom)
02/11	5:30pm - 7:30pm	2hour	Full Body (10Set) Pull up x5 Push up x10 Jumping Jack x15 Crunches x 20	Full Body	SiewKL(Mom)
03/11	5:30pm - 7:30pm	2hour	Core Day (5set) Crunches x20 Leg Raise x20 Flutter Kick x20 Oblique Crunches x20	Abdominal	SiewKL(Mom)
04/11	5:00pm - 7:00pm	2hour	Push Day(3set) Push up x12 Archer push up x 8 Incline push up x 10 Decline push up x 10	Biceps, Triceps, Chest	SiewKL(Mom)
05/11	5:00pm - 7:00pm	2hour	Core Day (5set) Crunches x20 Leg Raise x20 Flutter Kick x20 Oblique Crunches x20	Abdominal	SiewKL(Mom)
06/11	5:00pm - 7:00am	2hour	Full Body (10set) Pull up x5 Push up x10 Jumping Jack x15 Crunches x20	Full Body	SiewKL(Mom)

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08/11	5:30pm - 7:30pm	2hour	Core Day (5set) Crunches x20 Leg Raise x20 Flutter Kick x20 Oblique Crunches x20	Abdominal	SiewKL (Mom)
09/11	5:00pm - 7:00pm	2hour	Push Day (3set) Diamond push up x10 Close push up x10 Cobra push up x12 Pike push up x8	Biceps, triceps	SiewKL (Mom)
10/11	5:00pm - 7:00pm	2hour	Core Day (5set) Crunches x20 Leg Raise x20 Flutter Kick x20 Oblique Crunches x20	Abdominal	SiewKL (Mom)
11/11	5:00pm - 6:00pm	1hour	Cardio (4set) Skipping Rope 1min Jumping Jack 20sec Plank Jump x20	Enhance Stamina	SiewKL (Mom)
12/11	5:00pm - 7:00pm	2hour	Pull Day(3set) Pull up x12 Explosive pull up x10 Chin up x8 Negative pull up x10	Muscle up Progression	SiewKL (Mom)
14/11	9:00am - 11:00am	2hour	Push Day(3set) Pseudo push up x12 Dip x12 Commander push up 10 Wide Push up x10	Biceps, Triceps, Shoulder	PeterLee (Friend)
16/11	5:30pm - 7:30pm	2hour	Full Body (3set) Pull Up x12 Dip x15 Jumping Squat x15 Crunches x40	Full Body	SiewKL (Mom)
17/11	5:00pm - 6:00pm	1hour	Cardio (4set) Skipping rope 1min Jumping jack x20sec Plank Jump x20	Enhance Stamina	SiewKL (Mom)
Total Duration (hours)		30Hour			

**Students are required to log their own learning time of not less than 28 hours (any activity related to skills and physical fitness)**



#### **IV) Reflections** (20 marks)

##### **What did I learn from this course?** (10 marks)

During this course, I able to learn more knowledge about the type of exercises such as polymetric and isometric and more. I also realise that my stamina gets better as the trainings planned during the whole course are more likely Leg workout, Full Body or Cardio which exhaust us. I also able to learn how to plan the activities for workout with friends and able to plan out a efficient and tiring workout. I also learn that not just limit myself in that particular area but pushing myself to break the limit.

##### **What should I do to further develop my soft skills and technical skills?** (10 marks)

I will continue my Calisthenics path and push myself to achieve more movement in short time. I also will think twice in setting my second job by becoming a calisthenics trainer to share more knowledge of exercise to the public.

I also will apply the mentality of planning the workout for teammates in other aspects such as planning the time for my revision or planning assignment or jobs in the future.

##### **Comments : (by staff)**

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## Marking Rubrics

Description	Competency Level				
	1 Very Poor	2 Poor	3 Good	4 Very Good	5 Excellent
Attendance and Practice* (*Must fulfill 80% class attendance *MC more than 2 times ask to withdraw)	Attend 10 sessions  (60)	Attend 11 sessions  (70)	Attend 12 sessions  (80)	Attend 13 sessions  (90)	Attend all sessions of class  (100)
Involvement (10%)	Sometimes chooses not to participate and does not complete assigned tasks.  (10 – 20)	Sometimes a satisfactory group member who does what is required.  (21 – 40)	A satisfactory group member who does most of what is required.  (41 – 60)	A strong group member who consistently does what is required. Other group members can count on this person.  (61 – 80)	A true team member who contributes a lot of effort, and encourages and supports the efforts of others in the group.  (81 – 100)
Achievement in Tournament – Co-Curriculum Day** (10%)	Present for the Co-Curriculum day  (40)	Participated in competition  (50)	Reach 2nd round or Quarterfinalists of competition  (60)	Semi-finalists of the competition  ( 70-80)	Champion and runner-up of the competition  (90 -100)
Log Book Report (20%) For late submission, there will be a reduction of absolute marks from the mark's score submitted: •Late 1 to 3 days after deadline of submission: minus 10 marks; •Late 4 to 7 days after deadline of submission: minus 20 marks; •Late more than 7 days after deadline of submission: 0 marks	The report does not refer to the purpose of the practice. Some points are not present, nor are they together or in order  (10 – 20)	The report explains some of the purpose of the practice but miss key purposes. Most points are present, but they are together or in order  (21 – 40)	The report explains most of the purpose of the practice. All points are present, but are either not together or in order  (41 – 60)	The report explains all of the key purpose of the practice. All points are present, in order, and together  (61 – 80)	The report explains all the key purpose of the practice and point out less obvious one as well. All points are present, in order, and together  (81 – 100)
Individual Skills Test (20%)	To be explained in the class  (10-20)	To be explained in the class  (21-40)	To be explained in the class  (41-60)	To be explained in the class  (61-80)	To be explained in the class  (81-100)
Group Exercise Presentation (20%)	To be explained in the class  (10-20)	To be explained in the class  (21-40)	To be explained in the class  (41-60)	To be explained in the class  (61-80)	To be explained in the class  (81-100)

\*Attendance below 80% (present less than 12 times) fail the co-curriculum program.

\*\*Co-Curriculum day is compulsory for all students of the class.