

PPL APMM NO. DOKUMEN: BK-LAT-RAN-01-01 RANCANGAN LATIHAN MINGGUAN



| TARIKH/ HARI | KELAS | 0615 - 0645 | 0645 - 0710 | 0800 - 1000 | 1000 - 1030 | 1030 - 1230 | 1230 - 1400 | 1400 - 1600 | 1600 - 1630 | 1630 - 1800 | 1800 - 2330 | 2200 - 2359 | | | | | | | | | | | | | | |
|--------------|-------|----------------|--|-------------|----------------|-------------|----------------------------------|---|----------------|------------------------------|--|---|------------|----------------------------------|-----|-----|-----------|------|--|--|-------------|--|--|--|--|--|
| | TUAH | SENAMAN PAGI | AGI | ۸GI | ۸GI | ۸GI | ۸GI | ٨GI | ۸GI | ٨GI | ٨GI | ٩GI | ٩GI | ٨GI | ۸GI | ۸GI | / PAGI | | | | HARI/ OR | | | | | |
| | JEBAT | | SARAPAN / PERBARISAN PAGI | | KUDAPAN | | MAKAN TENGAHARI/ SOLAT ZOHOR | | | чг) | MAKAN MALAM / SOLAT MAGRIB / SOLAT ISYAK / LAWATAN MALAM (PEGAWAI BERTUGAS HARIAN) | rian) | | | | | | | | | | | | | | |
| | LEKIR | SEN | S PERB | | | | | | | | | | | | | | | | | | | | | | | |
| | TUAH | ō | SENAMAN PAGI SARAPAN / PERBARISAN PAGI | | | | HARI/ OR | | | | | | | | | | | | | | | | | | | |
| | JEBAT | AMAN PA | | | KUDAPAN | | MAKAN TENGAHARI/ SOLAT ZOHOR | | | | | | | | | | | | | | | | | | | |
| | LEKIR | SEN | S, PERB | PER BY | MAKAN SOL | | | LATIHAN FIZIKAL / SUKAN (JURULATIH FIZIKAL) | ALAM (P | GAS HAR | | | | | | | | | | | | | | | | |
| | TUAH | ıgı | / AGI | | KUDAPAN | | HARI / | | KUDAPAN | URULAT | ATAN MA | REHAT / PIPE DOWN (PEGAWAI BERTUGAS HARIAN) | | | | | | | | | | | | | | |
| | JEBAT | SENAMAN PAGI | SENAMAN PAGI SARAPAN / PERBARISAN PAGI | | | | MAKAN TENGAHARI / SOLAT ZOHOR | | | JKAN (J | K/LAW | | | | | | | | | | | | | | | |
| | LEKIR | SEN | S, PERB | | | * | X | | MAKAN | | Ä | IKAL / SI | AT ISYA | A) NMOC | | | | | | | | | | | | |
| | TUAH | AGI | / PAGI | | | | | | | | HAN FIZ | IB/SOL | r / PIPE [| | | | | | | | | | | | | |
| | JEBAT | SENAMAN PAGI | SARAPAN / PERBARISAN PAGI | KUDAPAN | UDAPAN | | | | LAT | T MAGR | REHA1 | | | | | | | | | | | | | | | |
| | LEKIR | SEN | | | × | | | | | | A / SOLA | | | | | | | | | | | | | | | |
| | TUAH | ıgı | , AGI | | | | HARI/ | | | | MALAN | | | | | | | | | | | | | | | |
| | JEBAT | SENAMAN PAGI | AMAN PA | RAPAN | RAPAN | RAPAN | RAPAN, | RAPAN, | RAPAN | SARAPAN / PERBARISAN PAGI | | KUDAPAN | | MAKAN TENGAHARI / SOLAT ZOHOR | | | | MAKA | | | | | | | | |
| | LEKIR | SEN | S/ PERB/ | | 포 | | MAKAN | | | | | | | | | | | | | | | | | | | |

| 10 DISEMBER (SABTU) | LK II MARITIM | SENAMAN PAGI | SARAPAN / PERBARISAN PAGI | IAT | AT | PAN | KAL / SUKAN H FIZIKAL) | SOLAT MAGRIB/ \TAN MALAM \H) | PE DOWN H) |
|---------------------------|---------------|-----------------|---------------------------------|-----|-----|------|-----------------------------|-------------------------------------|---------------------|
| 11 DISEMBER (AHAD) | LK II MARITIM | SENAMAN PAGI | SARAPAN / PERBARISAN PAGI | REH | REH | MUDA | LATIHAN FIZIK (JURULATIH | MAKAN MALAM/ ISYAK / LAWA (PB | REHAT / PIP (PBH |

KOD JURULATIH
Lt Kdr Maritim Yousry bin Yaali

Lt Kdr Maritim Nudin bin Jusoh

PW I Maritim Zul Bin Ismail

Lt Maritim Dalina binti Abdul Hamid

PW I Maritim Mohd Ali bin Othman
PW II Maritim Johar bin Thabic

LK Maritim Mazlan bin Mat Zain

PW I Maritim Mohamad Pauzi bin Bakar

J1 J2

J3

J4

J6

| KOD MATA PELAJARAN | | | | | |
|--------------------|-----------------------------------|--|--|--|--|
| КОМ | KOMUNIKASI | | | | |
| SJ | PERSENJATAAN | | | | |
| MG | MENGGELEDAH | | | | |
| IK | ILMU KELAUTAN | | | | |
| MKMA | MENGAWAL KEBANJIRAN & MELAWAN API | | | | |
| PK | PENYELENGGARAAN KAPAL | | | | |
| NAV | NAVIGASI / NAUTIKA | | | | |
| TEK MARIN | TEKNIKAL MARIN | | | | |
| TEK ELETRO | TEKNIKAL ELETRONIK | | | | |
| BST | BASIC SAFETY TRAINING | | | | |
| UDG RDH | UNDANG-UNDANG RENDAH | | | | |
| LL | LATIHAN LAUT | | | | |
| KS | KARNIVAL SUKAN | | | | |
| LM | LATIHAN MENEMBAK | | | | |
| KK / KS | KAWAD KAKI / SENJATA | | | | |
| LF/ RG | LATIHAN FIZIKAL DAN RENANG | | | | |

| | TEK MARIN | TEKNIKAL MARIN | | J8 | PW II Maritim Nashrol bin Mat Salim | | | |
|---------------|------------------------------|----------------------------|-----|--------------------------------------|---|--|--|--|
| | TEK ELETRO | TEKNIKAL ELETRONIK | | J9 | PW II Maritim Mohd Subri bih Hussain | | | |
| | BST | BASIC SAFETY TRAINING | | J10 | PW II Maritim Mohd Razemi bin Harun | | | |
| | UDG RDH UNDANG-UNDANG RENDAH | | | | PW II Maritim Md Natar bin Ahmad | | | |
| | LL | LATIHAN LAUT | | J12 | PW II Maritim Kamaludin bin Kassim | | | |
| | KS | KARNIVAL SUKAN | | J13 | PW II Maritim Abd Ghaffar bin Hasan | | | |
| | LM | LATIHAN MENEMBAK | | J14 | PW II Maritim Azhar bin Abdul Salam | | | |
| | KK / KS | KAWAD KAKI / SENJATA | | J15 | BK Maritim Syed Azian bin Syed Sohor | | | |
| | LF/ RG | LATIHAN FIZIKAL DAN RENANG | | J16 | BK Maritim Mohd Rosli bin Ismail | | | |
| | | | J17 | BK Maritim Mazlan bin Mohd Sani | | | | |
| | | | | J18 | BK Maritim Suradi bin Zakaria | | | |
| | | | | J19 | BK Maritim Zulkifli Bin Daud BK Maritim Mohamad Zahid bin Jaafar | | | |
| | | | | J20 | | | | |
| | | | | J21 | BK Maritim Azmin bin Ahmad | | | |
| | | | | | BM Maritim Nelson ak Anchai | | | |
| | | | | J23 | BM Maritim Nik Mohd Kamaruzaman bin Nik Sin | | | |
| DISEDIAKAN OI | LEH : | | | | PW I Maritim Ibrahim bin Zaini | | | |
| | | RANCANG LATIHAN | GI | PW I Maritim Ibrahim bin Idris | | | | |
| | | | | BK Maritim Mohd Ruddin bin Arshad | | | | |
| Tarikh : | | | | | PW II Maritim Mohd Noor Sham bin Osman | | | |
| | | | | IF. | BM Maritim Abdul Rahman bin Shafiee | | | |
| | | | o, | LK Maritim Md. Noor Hisham Bin Ahmad | | | | |

Disediakan : IMPLEMENTASI LATIHAN TARIKH KEMASKINI: 5 DIS 2011