



BEYOND EDUCATION

LOG BOOK

CO-CURRICULUM FOR

GYM WORKOUT

SESSION 202101



Personal Information

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Course Programme : RSD - Bachelor of Information Technology (Honours) in Software Systems Development

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

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

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Rules and Regulations (25 marks)

To abstract the important rules and regulations of gymnasium usage.

First of all, when we are performing activities during gym workout, all the users must be **properly attired** in comfortable, breathable and flexible workout clothing. For example, lightweight T-shirts, track pants, gym shorts, yoga pants and many more. Jeans, daily wear, swimsuit and dress are not allowed during workout. The student should be wearing tops and bottoms at all time. Beside proper attire, choose the **appropriate footwear** which is very important such as sports shoes or running shoes and must wear socks. Slippers, sandals or bare feet during workout is not allowed. This is because when we are performing gym activities such as cardio exercises or leg exercises, it may cause injury to our feet or ankle. Wearing shoes to prevent any injury happened such as ankle sprain.

User are required to bring their own water bottle, towels and keep their phone silent.

Moreover, all the users should **comply to the instructions and safety precautions to the use of gym equipment**. If the user has any doubt, they should get approach from the gym coach.

When using the gym equipment such as dumbbells, treadmills and other large size equipment, user is required to have the guidance from the gym coach to prevent any incident to happened.

Once the user has used any gym equipment, they must put it back to the initial place.

Lastly, **no pets are allowed** to bring to the gymnasium. Oher than that, **outside food and drink** that have strong odor to the gymnasium and **no smoking are not allowed**. The user must ensure that the gymnasium is clean, make sure fan and lights are turn off and take their personal belongings before leaving.

(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)

This article is related to why there is many people will **get headache after exercising**. Once a person perform vigorous exercises or too many high intensity workouts, may result in muscle soreness in which our muscle is putting too much of stress than they're used to. It would lead to microscopic tears to our muscle fibers, and stiffness of muscle. Normally we will feel the soreness and pain after one day, and it might last for up to 1 week (7 days). This kind of muscle soreness is known as Delayed Onset Muscle Soreness (DOMS).








From this article, it shows that when the blood vessels in the relevant area are usually expand to accommodate more blood, they are not able to be fast enough to do if a person begins the workout suddenly in which the person does not perform warm up before starting the workout. Therefore, it has increased the blood pressure, and it will cause headache. Besides, during workout, we must have proper breathing and must not hold our breathing, which will cause headache to happened. Moreover, inadequate hydrated before starting workout will also lead headache and dizziness, where there is not enough of oxygen pump to our brain.









In my opinion, for those who want to avoid headache during workout is they should perform proper warm up before starting the workout and cool down stretching after the workout ends. This will reduce the muscle stiffness and muscle tears. Drinking enough water and be hydrated during gym workout is important to obtain enough oxygen when performing high intensity activities. Tips to keep hydrating is that we can sip water in between our workout, but not drinking too much of water at once. Besides, we need to understand out body, heart rate where we need to choose the suitable activities to perform and slowly increase the difficulty week by week.










Article from: <https://www.thestar.com.my/lifestyle/health/2020/11/20/here039s-why-you039re-getting-a-headache-from-exercising>




(180 - 200 words)

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

Date	Start & End Time	Duration	Activity	Goal	Confirmed by Staff / Student
30/1/21	10am to 11am	1 hours (rest 10 minutes in between)	2 sets (25 seconds) <ul style="list-style-type: none">- Plank jack- Push up- Scissor cross- Jumping jack- Mountain climber- Elbow plank	Improve the leg and hand muscle's strength	
1/2/21	9:30am to 10:30am	1 hour (rest 10 minutes in between)	2 sets (30 seconds) <ul style="list-style-type: none">- High knee touch- Bicycle crunch- Slow run- Triceps dip- Inner thigh leg lift	Train the abs, inner thigh fats and upper body	
3/2/21	7:30am to 8:30am	1 hour	Morning Jog	Improve breathing quality	
6/2/21	10am to 12pm	2 hours	<ul style="list-style-type: none">- Jumping jack- Plank- Modifies push up- Leg raises- Leg scissor cross- Flutters kick- Bicycle crunches	Improve and strengthen lower body muscle	
8/2/21	4:30pm to 5:30pm	1 hour	<ul style="list-style-type: none">- Jumping jack- Lateral lunges- Inchworm- Squat- Butt kick- Leg raises	Train flexibility and Master the movements skills	
10/2/21	5:30pm to 6:15pm	45 minutes (have rest in between)	Play badminton	Full body exercise and increase flexibility	
12/2/21	3pm to 4:30pm	1.5 hours (rest 10 minutes in between)	2 sets (35 seconds) <ul style="list-style-type: none">- Leg flutters- Plank twist- Side plank (L&R)- Burpees	Strengthen waist muscle and reduce waist fats.	

			<ul style="list-style-type: none"> - Overhead press - Windmills 		
13/2/21	4pm to 5:30pm	1.5 hour (rest 10 minutes in between)	Around 25 seconds <ul style="list-style-type: none"> - Jump squat - Spiderman push up - Mountain climber - Up down plank jack - Cross punches (use dumbbell) - Squat hold 	Strengthen leg and arm muscles	
15/2/21	10am to 10:30am	30 minutes	3 sets <ul style="list-style-type: none"> - Fire hydrant kicks - Sit up - Squat walk jump - Russian twist 	Trains the abs and master the movement	 
20/2/21	9am to 10:30am	1.5 hour	<ul style="list-style-type: none"> - Jogging (fast and slow run) 	Improve cardiovascular fitness	
21/2/21	10:30am to 11:30am	1 hour	2 sets <ul style="list-style-type: none"> - Lunge and twist - Spiderman climbers - High plank leg raises - Sit up with twists - Glute bridge - Single leg squat 	Improve flexibility and body balance	
23/2/21	4pm to 5:30pm	1.5 hours	2 sets <ul style="list-style-type: none"> - Glute bridge hold - Reverse crunch - Squat jump - Towel bench press - Groiners 	Improve body endurance and target simple workout	
26/2/21	9:30pm to 10:45pm	1 hour 15 minutes	2 sets (25 – 30 seconds) <ul style="list-style-type: none"> - Leg raises - Roll back - High plank - Squat hold + overhead press - Wall sit 	Improve sleep, relaxation and improve body posture.	
27/2/21	8:30am to 9:30am	1 hour	Morning jogging with parents	Improve breathing quality	

					
28/2/21	4pm to 6pm	2 hours	Play badminton with family	Full body workout, improve flexibility and reduce health risk	  
1/3/21	2pm to 4:30pm	2.5 hours	2 sets of Tabata (all activities perform twice) <ul style="list-style-type: none"> - Squat pulse - Reverse lunges with pulse - Plank - Modifies push up - Burpees jump - High knee twist - Plank jack 	Help to increase anaerobic and aerobic capacity	
2/3/21	3:30pm to 5pm	1.5 hours	<ul style="list-style-type: none"> - Side plank lift - Squat press (dumbbell) - Plyo power knee (L&R) - Curtsy lunges with side kick - Body saw - Donkey kicks 	Train body endurance and stamina	
4/3/21	4pm to 5:30pm	1.5 hours	Jogging with parents	Helps to maintain a healthy body weight	 
6/3/21	3pm to 5:30pm	2.5 hours (rest 15 minutes in between)	2 sets (20 seconds) <ul style="list-style-type: none"> - Triceps shoulder dip - Lateral lunges tap - Push up deadlift 	Improve body muscle, endurance and helps to burn fats	

			<ul style="list-style-type: none"> - Bench press - Pull through - Rope jumping - V-sit (holding the dumbbell) 		
		1.5 hours (rest 10 minutes in between)	3 sets (30 seconds then 25 seconds for other 2 sets) <ul style="list-style-type: none"> - Leg raises - Roll back - High plank - Squat hold + overhead press - Wall sit - Mountain climber twist 	Improve body muscle and core strengthening	
13/3/21	5pm to 5:45pm	45 minutes (15 seconds rest in between)	<ul style="list-style-type: none"> - Sumo squat hold - Spiderman climber - Military press - Bench press with sit up - Overhead press squat - Up down plank jack 	Body balancing and strengthen upper body muscle and leg muscle	
14/3/21	4:30pm to 5pm	30 minutes	<ul style="list-style-type: none"> - Sit up - Leg raises alternate toe touch - Bicycle crunch - Plank - Triceps dip 	Target the abs and upper body strengthening	
Total Duration (hours)		29 hours 15 minutes			

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)

Previously, I have not joined any gym classes, only playing simple activity like badminton or jogging. I have learnt how to perform gym workout activities in a correct way from this course. For example, sumo squat, military press, plank jack, and etc. I also learn the types of low and high intensity activities how these activities can increase our heart rate or how they can improve our resting heart and cardiovascular endurance. I've learnt how to calculate our threshold heart rate which allow us to know and which types of exercises is suitable for us to perform such as high intensity, low intensity activities. Furthermore, I've learnt the benefits of performing warm up and cool down stretching before and after workout, where it will not lead to injury. When we are using the equipment such as dumbbell to perform activity, we should always be aware not to sprain our arm wrist and the proper way to use the dumbbell during gym workout. Lastly, gym has helps to keep my body healthy, better coordination and to be more motivate when working out.

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

There are many ways to further develop my soft skills and technical skills. In order to have better improvement on both skills, I would continue the workout by performing simple workout activities daily to maintain my body muscle and strength. Moreover, having jogging with my family more frequently and i may invite or join my friend to work on some activities such as playing badminton, swimming, play volleyball and so on, even though I'm not good at some of the sports. This could improve my social interaction and relationship with my friends and family. Other than that, I would register a gym class after finishing my studies in university, go to gym class twice a week for one and a half hour is enough to maintain my body strength and keep a healthy lifestyle.

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.