

Co-Cu Number:

LOG BOOK

**CO-CURRICULUM FOR GYM WORKOUT SESSION 202101**

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# Personal Information

**Name :**

# Student’s Reg. No :

**I.C No :**

# Telephone No :

**E-mail :**

# Course Programme :

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| **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:

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| 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:
   1. Medical Certificate (MC)
   2. Represent TAR University College for external events (RC)
   3. Death of **IMMEDIATE** family member (DC)
   4. Leave of absence approved by Faculty
   5. 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:
   1. Personal matters (PTPTN submission)

# Course Content/ Lesson Plan

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| **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 |

* + 1. **Rules and Regulations** *(25 marks)*

To abstract the important rules and regulations of gymnasium usage.

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| * users must be properly attired in sporting clothes when enter the gymnasium. |
| * users must observe the instruction before using the equipment. |
| * users must observe the safety precaution before using the equipment. |
| * users are not allowed to bring pets go into gymnasium. |
| * users are not allowed to bring food go inside the gymnasium. |
| * users only allowed to bring the water or drinks that are installed in non breakable, spill-proof containers go into gymnasium. |
| * users are not allowed to smoke in any corner of the gymnasium. |
| * once gym users have used any equipment, they must put it back in place. |
| * users must ensure that the stadium is clean before leaving. |
| * who destroyed the equipment the staff will demand compensation from him/her. |
| * To ensure the safety of everyone, please talk softly. |
| * To ensure the safety of everyone, please turn on your mobile phone hands-free. |
| * users are required to follow the rules & regulations of gymnasium usage. |
| * users can only enter the gymnasium during the opening hours of the gym. |
| * all the weights must be put back on their designated racks after use. |
| * the gymnasium is not responsible for any loss or theft. |
| * for safety standards, CCTV has been installed at the gymnasium. |
| * timings are subject to change without prior notice. |
| * jeans and street clothes & shoes are not allowed in gymnasium, |
| * user must wear sneakers into the gymnasium. |
| * please stand away from the glass mirror for those who are carrying free weights. |
| * keep your gym bag off the floor. |
| * don’t criticize others. |
| * user must bring their own towels. |
| * any clothing that may cause damage to the equipment is prohibited. |

# (180 - 200 words)

* + 1. **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)

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| The current issue is about the the depression rates without exercising regularly. According to HealthDay News, exercise is meant to be “natural antidepressant”. A research stated that depression rates started to rise is due to the lockdowns kept people from regular exercise. On top of that, the average steps students took everyday was from 10,000 down to 4,600 on average. At the same time, the clinical depression risk such as losing interest and presistent feeling of sadness rose from 32% to 61%. Due to the lockdowns, most if not all people are started to lazy on workout as their social life is being interrupt, screen time is doubled and slept more than regular.  Without exercise regularly to release the endorphins and other brain chemeicals that increase well-being, the people would still suffer from depression and they will be pose to other risks such as Coronary Heart Disease, strokes, high blood pressure, breathlessness, flabby body, little energy, stiff joints, osteoporosis and so forth. Due to the lockdowns, exercise cannot happens with others which natural social interaction does not happen, would leads them to not interest in exercise anymore; they do not feel confident and capable in physical activities that supports their mood. |

Reference from:

<https://www.usnews.com/news/health-news/articles/2021-03-10/as-lockdowns-cut-into-exercise-time-depression-rates-are-rising>

# (180 - 200 words)

* + 1. **My Personal Activity Log** *(30 marks)*

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| --- | --- | --- | --- | --- | --- |
| **Date** | **Start & End Time** | **Duration** | **Activity** | **Goal** | **Confirmed by Staff / Student** |
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| **Total Duration**  **(hours)** | |  |  |  |  |

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

* + 1. **Reflections** *(20 marks)*

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| **What did I learn from this course?** *(10 marks)* |
| I learnt the gym class is so important is because of the physical activity. Gym provided us with exercise and make is become healthier. I’m the person who does not like to sweat but I fond of swimming; but after I gone through the gym class, now I’m a person who like to do physical activities. Gym also teaches skills that can be used throughout my entire life especially improving our determination, self-esteem cooperation and teamwork which helps us think and funciton better in our everyday lives. Moreover, I also learnt about the relationship between coordination and flexibility. As one gets older, the coordination and flexibility take a huge decline. Therefore, establishing them in gym class and keeping up with them throughout life can lead to a longer lifespan and healthier too. Last but not least, most importantly the postures of each activity; wrong posture would leads to injury that is inreversible. |
| **What should I do to further develop my soft skills and technical skills?** *(10 marks)* |
| In order to develop my soft skills, I will be having constant improvement and training on the physical activties and I would ask my friend to join with me on the physical activities such as swimming, badminton and so on or even plan an event to participate with my friend. Obivously, this could improve my communication, leadership and teamwork skills. Moreover, I also learnt the importance of self-discipline. For example, I would exercise daily no matter the location and time in order to improve my adaptability on exercising. |

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| **Comments : (by staff)** |

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**Marking Rubrics**

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| 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.