

**Assignment – Front Cover**

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**[Pengurusan Kokurikulum]**

# **Executive Summary**

[Type short paragraph on the outline of assignment which is relevant to the assignment being presented]

# **Student Particulars**

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| --- | --- |
| Name | Liew Wen Sheng |
| IC Number | 950718-14-6105 |
| Student Number | SCKL00046522 |
| Course | BIC |
| Subject Title | Pengurusan Kokurikulum |
| Subject Code | MPU3412 |
| Mode of Study | √ Full-Time ❑ Part-Time ❑ Independent Learning  ❑ E-Learning |
| Name of Lecturer | Mr.Panchanathan |
| Due Date | 30/3/20 |
| College | SEGi College KL |
| ***Declaration by student:***  I, \_\_\_\_Liew Wen Sheng\_\_\_\_\_\_\_\_, hereby declare that the attached assignment is my own work and understand that if I am suspected of plagiarism or another form of cheating, my work will be referred to the Programme Director who may, as a result recommend to the Examinations Board that my enrolment in the programme be discontinued.  ***Acknowledgement of receipt***  \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_  Date Received Signature of Receiving Officer | |

**Assignment Allocation of Marks**

|  |  |  |  |
| --- | --- | --- | --- |
| **No.** | **Description of criteria adopted that will be used for the assessment of the assignment** | **Weightings** | **Marks Allotted by Lecturer** |
| 1. | Relevance of content to assignment-Executive Summary | 10% |  |
| 2. | Clear explanation of issues, which are relevant for the assignment:   1. Relevance of information and material; 2. Depth and quality of analysis; 3. Identification and framing of issues and assumptions made. | 20% |  |
| 3. | Application of the relevant principles to the issue:   1. Understanding of principles, theories and techniques; 2. Appropriateness and depth of research; 3. Analytical skills; 4. Application skills. | 40% |  |
| 4. | Quality of recommendations relating to problem:   1. Originality of idea and approach; 2. Recommendations. | 20% |  |
| 5. | Presentation:   1. Appropriate citation and references; 2. Style and readability; 3. Overall presentation. | 10% |  |
|  | **Total** | 100% |  |

**Feedback on Assignment:**

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Date Lecturer’s Name

**Acknowledgement**

I’m very fortunate to be blessed with the guidance and encouragements from my lecturer, Mr. Panchanathan who guide us to done our coursework like give us a guideline on how to write our report body and what should write in the report. And I also want to thanks to our chairperson which is Mr.Aaron because he help us to find a place to do our out door activity.

**Content**

|  |  |
| --- | --- |
| Title | Page |
| Abstract……………………………………………………………………........... | 11 |
| **1.0 Introduction**……………………………………………………………........ | 12 |
| 1.1Objective of co- curriculum………………………………………………. | 12 |
| 1.2 Bowling Activity………………………………………………………… | 12 |
| **2.0 Body**……………………………………………………………..................... | 13 |
| 2.1 Planning and Preparation………………………………………………… | 13 |
| 2.2 Activity Sequence………………………………………………………... | 13 |
| 2.3 Result……………………………………………………………………... | 13 |
| 2.4 What I have learn from the experience…………………………………... | 13 |
| 2.5 How to overcome problem……………………………………………….. | 13 |
| **3.0 Conclusion**…………………………………………………………………... | 14 |
| **4.0 Appendix**……………………………………………………………………. | 15 |

**Abstract**

During this subject, we should complete 2 short quiz and must participate on 2 activity one is sport activity and another one is charity. First we discuss few option of the sport activity and finally we decided to have a bowling at Berjava Time Square, Ampang Superbowl. Another one activity was the charity but because of the COVID-19 so our Lecturer has change it to write a short essay about our Short-term, Intermediate and Long term goals. During the outdoor activity, bowling I have learn how to control my power when throw the ball and the balance, about the goal I never thought what I would do when I’m was 30 so this was a good chance to think about my future.

**1.0 Introduction**

The purpose of writing this report is to know what I have learn during this subject and what is important of the co-curriculum. Our first class has discuss the objective of the co- curriculum.

* 1. **Objective of co- curriculum**

First objective of the co- curriculum is develop the determination and dedication required within the student to accomplish their chosen objectives. Second objective is develop a willingness to place the interests of the group above personal expectations. Provide opportunities for exemplifying and observing good sportsmanship while teaching participants that negative actions can have consequences also the once of the objective for co-curriculum, and Provide healthy competition opportunities for students.

* 1. **Bowling Activity**

At first we have decided to have a badminton as our sport activity but some of them said they already have that activity from other subject. Therefore we change it to football, but we face other problem again， because our class have female student, they do not want to the football activity and another reason is because at that time was COVID-19 spread out. So in the end our final decision was the bowling because it is indoor sport activity so do not need to get touch with lot of people.

**2.0 Body**

**2.1 Planning and Preparing**

First we gather at the Ampang Superbowl which locate at Berjaya Time Square around 2:30 pm. Because we are student so we should only prepare RM10 for the place and shoe rental this is for student price and we also need to prepare our stocking, if forgot to bring the stocking we also can buy at there but what price for the stocking we are not clear, because we all is prepare well.

**2.2 Activity Sequence**

After we have rent a place, we need to key in our name for later record the marks, and I’m the fourth player therefore I need to wait four round until for my turn. Since we all first time play bowling so most of the time the ball is roll into the drain, but I got at least one strike that was surprise me. Forgot to said, bowling have 10 round for each person and we have 5 person in a group which mean when finish the game we almost spend 1 and half hours.

**2.3 Result**

All the game done my point is 70, I’m not sure it is good or bad but I know I got fun during this game.

**2.4 What I have learn from the experience**

I have learn how to adjust my body and power when throw the ball, because if you body is unbalance the ball will easily get into the drain.

**2.5 How to overcome problem**

When finish the game I feel my hand is very heavy even want to lift it up is difficult, if got next time I must do some training before play for the game.

**3.0 Conclusion**

There only one way to play this game better that was train harder, train harder is mean I need to train my body stringer like do some gym since my hand do not have too much power to throw the ball, again I need to learn how to aim the bottle because my aiming skill is my weakness. And I would like to suggest one activity was mountain climbing, this was my favourite activity especially when you start climbing on the early morning, the air is fresh and when you climb on the top of the mountain you will feel very accomplishment, watching the sun rise slowly also enjoyable.

**4.0 Appendix**

