LINCOLN UNIVERSITY COLLEGE
DKU016 (B)

2022 SETARA COMPETITIVE UNIVERSITY COLLEGE

ISO 9001:2015 Certified

Bachelor of Science in Sports and Fitness

(R/1014/6/0005) (05/31) (MQA/PA 10563)

PROGRAMME DESCRIPTION

Students who complete the program Bachelor of Science in Sports and Fitness will be able to effectively respond to the needs of fitness enthusiasts, the community, and athletes, as well as be competent to handle all problems related to the specialty of Exercise Science and Sports Science, as well as recent advances in the field. The student will also gain knowledge of how to instruct fitness client and athletes, as well as how to incorporate science of exercise and sports into fitness consultations, exercise programming, and strength and conditioning. With this program the students will be prepared for careers in physical activity and fitness settings, as well as graduate study in sports science and allied health.

PROGRAMME AIM

The program of Bachelor of Science (Sports and Fitness) will produce fitness trainer who are:

- Knowledgeable and skillful practically in the field of sports and fitness to provide idea about the physiological basis for exercise and physical activity in direct application to physical fitness and athletic conditioning for progressing theory and practice.
- Professional in sports and fitness industry with proper thinking and communication skills to keep coordinated coherently with the modern society by inculcating scientific values in the field.
- Capable of maintaining teamwork effectively and with responsibility and provide professional solution to the concerns related to health and fitness, sports performances, and disease prevention to address moral and ethical issues.
- Able to build proficient lifelong learning skills in the field of sports and fitness globally for personal development along with information management techniques.
- Proficient entrepreneurs in the field of sports and fitness by providing relevant concepts with leadership skills to understand the management and controlling of the enterprise. demonstrate knowledge of and need for sustainable development.

CAREER OPPORTUNITIES

The graduates in this field could, work in the areas of sports performance, sports management and sports development, health care, teaching, and the health and fitness industry. They will also be able to work alongside other staff such as sports coaches and sports therapists to assess individuals and teams and help to improve their performance. Sport and fitness students will be able to use their knowledge in scientific areas such as physiology, biomechanics, and psychology to help clients to improve their sporting performance and general health at national and international level.

Following is some of the career options available after completing a Bachelor of Science in Sports and Fitness:

- Sports management
- Personal training
- Professional coaching
- Sports nutrition
- Sports psychology

PROGRAMME DURATION

Full Time: **3 Years**

Part Time: **5 Years**

INTAKE AND ENTRY REQUIREMENTS

January, July

Entry Requirements:

a. Passed Certificate of Higher Education Malaysia (STPM) or equivalent with a minimum grade of C, Rated Grades (CGPA) of 2.0 in two subjects, or

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