

**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 : 36 Months

Part Time : 60 Months

**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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Wisma Lincoln, No. 12-18, Jalan SS 6/12, 47301 Petaling Jaya, Selangor Darul Ehsan, Malaysia.

No. 2, Jalan Stadium, SS 7/15, Kelana Jaya, 47301, Petaling Jaya, Selangor Darul Ehsan, Malaysia.

- b. Pass A-Level or equivalent with a minimum grade point average of 2.00 in in two subjects, or
- c. Foundation in Science or equivalent examination with at least a Cumulative Grade Point Average (CGPA) of 2.00.
- d. Passed a Diploma (Level 4, Malaysian Qualifications Framework, (MOH)) in Sports and Fitness, Physiotherapy, Medical Assistant, Nursing, or a recognized related field or equivalent with at least a minimum CGPA of 2.0; and 2 years of experience in a related field.

English Requirements :

International students must have proof of good proficiency in verbal and written English. For example, International English Language Testing System (IELTS) score of 5.5 or its equivalent. If a student does not meet this requirement, HEPS must offer English proficiency courses to ensure that the student's proficiency is sufficient to meet the needs of the programme.

LIST OF COURSE/MODULE OFFERED IN THE PROGRAMME

Sl. No.	Subject Name
1.	Fundamentals of Biomechanics
2.	English
3.	Fundamentals of Anatomy
4.	Introduction to Computer
Elective (Choose any one module from the following):	
5.	Islamic Civilization and Asian Civilization
6.	Malay Communication
Elective (Choose any one module from the following):	
7.	Ethnic Relations
8.	Malaysian Studies
9.	Introduction to Sport Psychology
10.	Introduction to Motor Learning & Skill Acquisition
11.	Sports Nutrition and Healthy Lifestyle
12.	General Physiology
13.	Leadership Skills and Human Relations
14.	Principles of Coaching
15.	Exercise Physiology
16.	Sports Communication
17.	Event management (Practical)
18.	Nutrition for Health, Sport and Fitness
19.	Government and Public Policy Malaysia
20.	Sport and Fitness Management
21.	Physiological Testing and Training

Sl. No.	Subject Name
22.	Sports Industry
23.	Foundation in Exercise Science
24.	Sports Entrepreneurship
25.	Biochemistry of exercise and sports
26.	Biomechanics of Sports and fitness
27.	Clinical Exercise, First Aid and Sports Injury
28.	Applied Sport and Fitness Psychology
29.	Research Methodology in Sport and Fitness
30.	Contemporary Issues in Sports
31.	Community Service
32.	Ethics in Sports
33.	Issue in Fitness Industry
34.	Ethics in Sports
35.	Evidence Based Practice in Exercise Science
36.	Strength and Conditioning
37.	Sports and Fitness Activities in Outdoor Sports
38.	Professional Practice Development
39.	Industrial Training
40.	Research Project

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