

FoSRec e-Bulletin

UiTM Negeri Sembilan Branch,
Seremban Campus

**FITNESS
PROMAX**

ONLINE DISTANCE
LEARNING

**E-SPORT
COMPETITION**

NATIONAL SPORTS INDUSTRY
DUE TO PANDEMIC COVID-19

FIRST EDITION

**DEAN'S AWARD
CEREMONY**

IMPORTANCE OF FACILITATION
SKILLS IN SPORTS & RECREATION
REAL-WORLD

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UiTM Negeri Sembilan Branch,
Seremban Campus

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UiTM Negeri Sembilan Branch, Seremban Campus
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DEPUTY RECTOR STUDENT AFFAIRS'S MESSAGE



Assalamualaikum w.b.t,

Alhamdulillah with His permission, I have been given the opportunity to deliver a welcome speech in the very first edition of FoSRec's e-bulletin UiTM Negeri Sembilan Branch. Congratulations and well done to the editorial board for the initiative to publish this e-bulletin for the first time. The e-bulletin includes general articles as well as the program organized by the students of the Faculty of Sports Science and Recreation (FSR).

In the light of the unprecedented Covid-19 outbreak, I hope through the publication of this e-bulletin will be able to transpire the events organized by FSR Seremban which have a high impact on student development in the community. Furthermore, all the programs highlighted in this e-bulletin that was conducted by the students possess weightage input in contributing to the achievement of UiTM Students Affairs Department (HEP) in portraying soft skills, leadership skills, critical thinking, and communications skills among students.

I would like to express my highest appreciation to the Faculty of Sports Science and Recreation Association (FoSRec) who have contributed a lot, not only to the student's development but also to the exposure and encouraging students to write an article. This is an excellence platform given to students as their effort to begin an article write-up can aid in expanding their networking skills thus moulding knowledgeable graduates. This very much corroborates the objectives of the Student Affairs Department which is responsible for producing high soft skills graduates and superior personalities to meet global needs. Finally, it is hoped that this e-bulletin can be published consistently in the future. Hopefully, the effort to publish this newsletter will benefit all readers. Thank you.

Mohamad Zulhilmi Mohd Yunuso

FoSRec ADVISOR'S MESSAGE



Assalamualaikum w.b.t,

FSR is ecstatic to present to you the very first edition of FoSRec e-Bulletin. As such, I would like to take this opportunity to express my sincere gratitude to all the Editorial members led by Mr Muhammad Wafi and Dr Raja Nurul Jannat for all their commitments and hard work given to this e-bulletin. The success of this e-bulletin was made possible with continues guidance, hard work and helping hands by all the committees. In light of this, I also want to thank all the students and staff of the Faculty of Sports Science and Recreation who are involved either directly or indirectly in the throughout the process of publishing this e-bulletin.

Faculty of Sports Science and Recreation has always been committed to produce program not only focusing on sport events but in other aspects such as academic, religious and recreation. To ensure every successful and triumph activities by faculty members been visible, Faculty of Sports Science and Recreation Association pledged to make all the stories publicized. In addition, we also encourage all the academic staffs and students to actively organize any program that engaging with community to achieve the vision and mission of the faculty.

Lastly, there will be next following edition for this e-bulletin and we would like to encourage all staffs and students to contribute their article and share their stories. Thank you.

Siti Aida Jamat



Contents

	Pages
1. Fitness Promax	13
2. e-Workout 2021	15
3. Sembang Santai : Industri Sukan Negara Akibat Pandemik Covid-19	17
4. Importance of Facilitation Skills in Sports & Recreation Real-World	19
5. Talk Session : Iman & Kesihatan Mental	21
6. Sharing Session : Paralympic Athlete	22
7. Webinar on Sportpreneurship Pandemic Covid-19 : Titik Pengakhiran atau Permulaan bagi Seorang Usahawan	23
8. FoSRec e-Sport Carnival 2021 UiTM Cawangan Negeri Sembilan, Kampus Seremban	25
9. e-Sport Pubg Competition	26
10. The Rebirth of Invictus: At District 21	27
11. Skytrex : Funky e-Virtual Adventure 2022	29
12. Online Distance Learning	30
13. Pertandingan Melukis Poster & Komik Covid-19	31
14. Dean's Award Ceremony	32
15. UiTM Got Talent	33
16. Pertandingan Tilawah Al-Quran	34



FOSREC ORGANIZATION CHART

HIGH COMMITTEE & EXCO

Faculty Of Sports Science And Recreation Association

2021/2022 SESSION

11



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PROGRAM'S ARTICLE

Healthy Lifestyle

FITNESS PROMAX

article by Aiman Yusuf, Nurfarina, Faris, Shanil & Alif Danial

Physical activity and exercise have been shown to provide numerous health benefits throughout one's life. Following the pandemic of Covid-19, one's fitness level is likely to have deteriorated due to home confinement and limited access to workout facilities that reduce physical activity. Our bodies are designed to move and many of our body's systems function better when we are physically active on a regular basis.

In an effort to promote a healthy lifestyle during Covid-19 outbreak, FoSRec Association has taken an initiative to organise a competition called FITNESS PROMAX (e-Workout and Plank Challenge) on 8 to 13 June 2021. The competition was held from 8.30AM until 12.00PM everyday via Telegram. The main objectives of this programme is to encourage students and the community to practise healthy lifestyles at home, to improve fitness levels, to gain new knowledge in the use of technology, to increase students' and the community's enthusiasm and interest in sports activities, and to promote a healthy competitive culture between students and the community during the pandemic.



The winner of e-Workout competition men's category

A total of 41 participants had participated in the e-workout competition. Each participant has to create a physical activity video lasting 1 to 3 minutes according to their creativity and send the video via Telegram application for evaluation. 3 participants have successfully won the e-Workout competition. The winner of the first place gets RM 100, RM 75 for the 1st runner-up, and RM 50 for the third place.



Winner of Plank Challenge



Winner of Plank Challenge

In addition to the e-Workout competition, Fitness Promax has also held other competitions such as Plank Challenge. This program has received a great response among UiTM's students and outsiders, especially for those who are active in sports. The Plank Challenge competition drew a total of 41 entrants. This challenge has been divided into two categories which are men's and women's categories. This competition was held through Google Meet, where all of the competitors completed the task at the same time. This event offers RM 100 for first place, RM 75 for second place and RM 50 for third place. All of the participants received a certificate from the organiser.

Finally the event was completed successfully. It also went off without a hitch, and I was impressed by how hard the FoSRec committee worked to make the event a success. This event also inspires the committee to make better decisions and hold one another accountable. Thank you for emphasising the value of teamwork. The FoSRec committee did an excellent job organising this event.

"Believe in yourself. You are braver than you think, more talented than you know, capable of more than you imagine"

- Roy T. Bennet

E- WORKOUT 2021

Healthy Lifestyle

ARTICLE BY

Azrul . Zuhri . Adam . Syamil . Hisyam

The Covid-19 outbreak has affected a large number of people. This resulted in an unhealthy mental, physical, and emotional lifestyle. One of the important methods to improve a lifestyle is by being involved in physical activity. e-Workout provides alternative solutions to remain active even during the Covid-19 pandemic restriction. An e-Workout is a way to exercise or do physical training that uses an electronic platform. It is a very useful platform during the pandemic that is able to bring people together in one place at the same time.

In order to promote a healthy lifestyle among students and communities, the Faculty of Sport Science and Recreation (FSR) had organised events using the E-platform. There are two series of events which were held in 2021. The students organised a virtual event, e-Workout, that took place from 8th - 13th June 2021, and e-Workout Challenge 2.0 on 31st December, 2021. These events aim to improve participants' skills and recreational activity level, while also unleashing their potential and bringing out their creativity. Besides that, this event intended to encourage participants to be involved in physical activity specifically during this period of Covid-19.



PROGRAMME TENTATIVE

Program name:

Plank Challenge

Date:

31 DECEMBER 2021

Time:

2.00 PM - 4.00 PM

Program name :

Sit-Up Challenge

Date:

31 DECEMBER 2021

Time:

10.00 AM -2.00 PM

Program name:

Push-Up Challenge

Date:

31 DECEMBER 2021

Time:

10.00 AM -2.00 PM

A total of 75 participants took part in these two series of events. 41 participants joined the e-Workout competition . The winner for the first challenge is Muhammad Farhan B Lukman. As for the second series, e-Workout Challenge 2.0, there are 3 categories contested which are push-ups, sit-ups, and planks. Participants need to send a creative video about their workout and the video needs to be shared on the media platform. The winner will be determined by the viewer's votes. There are winners of men and women categories. The winner for the sit-up challenge is Atachai Saiprawat a/l Kiang, while for push-up and plank challenge, Ku Ahmad Safwan B Ku Ahmad Romzi wins both categories. As for women, Nurminirah Bt Zaharuddin won the plank category, and Norizzati Binti Mohd Idris won the sit-up and push-up categories..

Overall, these e-Workout events help participants in improving their ability to perform daily tasks and function better during a pandemic. Physical activity is one of the best ways to maintain a healthy lifestyle, especially if you work from home during a pandemic. It is hoped that these events will enhance participants' motivation to keep active during a pandemic. Hopefully, next year's event will be organised in the same way, with multidisciplinary exercises.

"SEMBAANG SANTAI"

INDUSTRI SUKAN NEGARA

AKIBAT PANDEMIK COVID-19

Article by :

SyakirahSofie, MieshaHamzah, NurulHanum, NazrulSyazwan, AqlAlasri

The movement control orders (MCO) implemented by the government across the country during the COVID-19 outbreak caused challenging implications to the global sports sector, physical activity, and well-being. Many international, continental, and national sporting tournaments have been postponed or cancelled to ensure the health and safety of the athletes. Covid-19 poses special challenges to athletes as their physical and mental strength are tested by the uncertainty.

To find out more about athletes' personal experience during Covid-19, students from the SR2412 Degree in Sports Management of Faculty of Sports Science and Recreation took the initiative to conduct an athlete experience-sharing program. The target audience is all students of Malaysia universities. The program took place on 12 June 2021, Sunday, from 8:00 pm to 10:00 pm, and was broadcast live on FoSRec's Youtube channel. The main objective of this program is to determine the effect of the Covid-19 transmission on the National Sports Industry. The Covid-19 pandemic has wreaked havoc around the world,

with sports events being cancelled or postponed. Because of this issues, the organizer had invited two Malaysian netball athletes, Nur Fariha Abdul Razak & An Najwa Binti Azizan, and a professional athlete from motorsport Muhammad Nabil Bin Jan Al Jeffri (Malaysian Formula Car Racer) as panels for the program.

Cawangan Negeri Sembilan
Kampus Seremban

UNIVERSITI TEKNOLOGI MARA

SEMBAANG SANTAI
INDUSTRI SUKAN NEGARA AKIBAT
PANDEMIK COVID-19

TERBUKA KEPADA SEMUA

FARIHA RAZAK
ATLET BOLA JARING
KEBANGSAAN

AN NAJWA
ATLET BOLA JARING
KEBANGSAAN

NABIL JEFFRI
PELUMBA KERETA
FORMULA MALAYSIA

SCAN FOR
REGISTRATION

TARIKH: 12 JUN 2021
MASA: 8.00 P.M - 10.00 P.M
PLATFORM: YOUTUBE LIVE FOSREC
OFFICIAL

E-SIJIL DISEDIAKAN
ELLISHYA: 0172669472
FARHAN: 0172656545



Sharing Session with the panels

"Everyone in the sports community is feeling the impact of COVID-19. Regardless of what happens, recognize that the only thing you have control over is you, more specifically, your attitude, your effort, and your actions".

A number of questions have been raised concerning the time division between study, family and sport and also the disruption of momentum of an athlete caused by the Covid-19 outbreak. For netball, An-Najwa and Fariha answered that the intensive training is only done in preparation for big tournaments such as the Asian Games. Team members and coaches participated in the training over a period of months. If there is no big tournament then training is done as usual but not so intense.

Preparation and planning are the key so that optimal performance can be achieved. Meanwhile, according to Nabil, no training was conducted throughout the pandemic. The reason for this is that the circuit has been closed for nearly two years, beginning in 2019. The impact of Covid-19 was also felt when sports facilities are closed, and athletes have to continue training on their own at home. However, from the bright side, more time with family.

They also described how athletes struggle to train on their own in order to keep fit. Various training methods and approaches can be used to achieve the training goal and at the same time, the exposure to the risk of Covid-19 can be reduced. The ability of athletes to adjust, adapt and maintain their training load throughout the COVID-19 pandemic will have a significant impact on their performance.

Therefore, athletes should also be trained to have a flexible way of thinking to deal with the latest unprecedented situation. "It requires a more thorough plan to reset the goals and targets after the COVID-19 pandemic recovers," (Pegawai Psikologi ISN, Philip Lew).

"IMPORTANCE OF FACILITATION SKILLS IN SPORTS & RECREATION REAL-WORLD"

Article By : Nasrien, Sayidatul, Raja Amyra & Syafiq

Sports and recreation are among the most fun and challenging fields that offer various branches of activities for people to venture with a strong sense of sportsmanship. The degree of enjoyment in sport and recreation participation is influenced by the level of facilitation. In order to unravel this topic the Faculty of Sports Science and Recreation (FoSReC) at UiTM Negeri Sembilan Seremban Campus organised a webinar on the importance of facilitation skills specifically in the sports and recreation industry.

The poster is for a talk session titled "TALK SESSION : IMPORTANT OF FACILITATION SKILLS IN SPORTS & RECREATION REAL-WORLD". It features two speakers: Encik Saifful Pathil, an Educator / ISA Certified Arborist / Pretzl PPE Verifier / Challenge Course Inspector / The Builders, and Mariah Adilah, the Moderator. The event is scheduled for 2 January 2022, on a Sunday (Ahad), from 8:00 to 10:00 PM. The platform is YouTube Live FoSReC Uitm FoSReC. The event is sponsored by Nestle MILO and BSN. Logos for Universiti Teknologi MARA (UiTM) and FoSRec are also present.

Furthermore, the program aims to meet FoSRec's objectives, which include uplifting the sports and recreation spirit, graduate marketability, and increasing facilitation knowledge. Aside from that, this program provides a platform and an opportunity to ask the guest panellist questions about facilitation in sports and recreation.

The program took place on 2nd January 2022, Sunday, from 8:00 pm to 10:00 pm, and was broadcast live on FoSRec's Youtube channel. This program was open to all students of UiTM Seremban Campus, as well as to the public, as an effort to attract interest in academic programs and to spread knowledge among participants.

Based on the knowledge and experience shared by the panel, Mr. Saifful Pathil, a master facilitator, found that being a competent and trusted facilitator requires high self-confidence and knowledge in the field. These facilitator qualities are a necessity as this field is challenging and must prioritise personal safety. A good leadership trait is also required because sport and recreation activity involves multiracial communities, different backgrounds, and ages with different personalities and acceptance.



Saifful Pathil 's sharing session

Therefore, to be a facilitator who is capable of carrying out the responsibility of ensuring the safety of clients, the facilitator must be skilled in the use of sports and recreational equipment, possess excellent communication skills, and willing to engage in extreme and challenging activities in order to gain trust of the clients.

Mr. Saifful also shared the importance of facilitation in sports and recreation, emphasising how it may assist an individual or a group in determining the optimal method for achieving the desired results. In addition, facilitators with high facilitation skills are able to lead a meaningful discussion and respond quickly to problems that develop among participants or group members.

In conclusion, sports and recreation facilitation is effective in resolving conflict situations, implementing new integrated solutions, and introducing new technology. Facilities in sports and recreation are also among the economic contributors. Being a sports and recreation facilitator, which necessitates the skills to work in an effective and positive environment can increase graduates marketability.

TALK SESSION: (IMAN & KESIHATAN MENTAL)

On the 1st January, 2022, the Association of Faculty Sport Science and Recreation (FoSRec) of UiTM Negeri Sembilan's Seremban Campus hosted an online programme titled Talk Session Iman dan Kesihatan Mental) from 8:00 p.m. to 10:00 pm. It takes place on YouTube's internet platform. This programme has been signed up for by a total of 61 participants.

The organisers have shared posters for this program on Instagram and Whatsapp applications for publicity. The panellists for this program are well known for having participated in the TV3 reality program named Dai Pendakwah Nusantara Season 4. There was a Q&A session between the panellist and audience for the enlightenment of certain issues. With their vast knowledge and experience of the topic, each issue is dissected by the panellists.

Throughout this program, students are able to learn new knowledge on how to overcome mental problems associated with one's faith. Other than that, the program drew a lot of interest from university students and the general public. The program has run successfully and it meets the objective of improving the quality of life of students with mental

Article By • AJIE • JIJOL •
SAM • IJAM • PAAN

problems from an islamic perspective. In addition, this program raises students' awareness on mental health issues and emphasises the importance of faith in dealing with mental health challenges.



ARTICLE BY : AZNISHA, LIYANA,
QAMARINA, HUMAIRA & IMRAN



Invited guest

Laksamana Pertama Dato' Subramaniam Raman Nair

SHARING SESSION: PARALYMPIC ATHLETE

Students from the SR243 Bachelor of Sports Science of the Faculty of Sports Science and Recreation had organised a sharing session with Paralympic athletes on 29 June 2021 from 2.00 pm until 4.00 pm. Google Meet was used as the platform for this program. In this sharing session, they invite Laksamana Pertama Dato' Subramaniam Raman Nair, a Secretary-General of the Malaysian Paralympic Council, and Mohamad Yusril Hafiz, a Paralympic athlete as the guest speaker. The objectives of this program are to find out more about Paralympic athletes, changes in training regime before and during the Covid-19, changes in athletes' preparation during the Covid-19 outbreak and to raise public awareness that Paralympic athletes have the same right to compete and be rewarded as other athletes.

The speakers also describe the experiences of Malaysian Paralympic athletes during the 2018 Asian Games at the Gelora Bung Karno Stadium in this sharing session. Mohamad Ridzuan Mohamad Puzi and Abdul Latif Romly, who are two-nation Paralympic athletes, established individual world records on the second day of the 2018 Asian Games.

In the men's 100m T36 (cerebral palsy) race, Mohamad Ridzuan set a new world record of 11.87 seconds, surpassing the previous record of 11.90 seconds set by a Russian athlete Evgenii Shvetcov at the IPC World Paralympic Championships in Lyon, France in 2013. Meanwhile, Abdul Latif set a new world record in the men's T20 (learning problem) jump event. The Perlis-born athlete broke his own previous record of 7.60 metres, which he set at the 2016 Paralympic Games in Rio de Janeiro.

This sharing session increases students' motivation and inspires students to face life challenges positively. Besides that, the importance of engaging with real experts in disability issues or athletes is stressed in this session.

Webinar on Sportspreneurship Pandemik Covid 19: Titik Pengakhiran atau Permulaan bagi Seorang Usahawan

Article By: Alya Nabihah, Izzati Hanif, Auni, Aliff Halim, Afiq Ikhwan



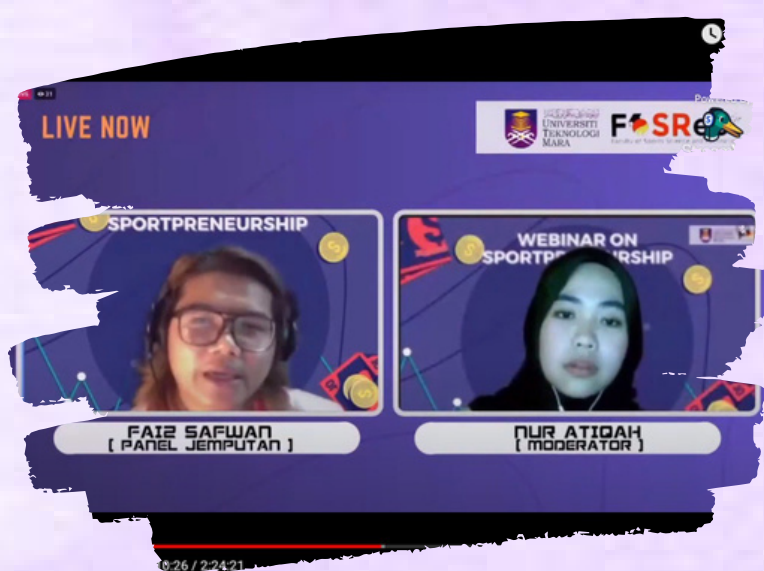
Sharing session of sportspreneurship during Covid-19

The outbreak of the COVID-19 epidemic in Malaysia and the enforcement of the Movement Control Order (MCO) led to an extraordinary drop in economic activity. Many businesses around the world are struggling to cope with financial stress. However, in this crisis, some businesses are booming such as delivery services, retail sales, cleaning services and others. There are opportunities as well as challenges for entrepreneurs to continue their business. Entrepreneurs adopted digital measures to compensate for the loss of traditional revenue sources.

Digitalization is increasingly useful in business as it improves efficiency and competitiveness. The sports industry is one of the affected business markets, with businesses offering sports-related products and services to its customers.

On 14 January 2021 - student from Bachelor of Sports Management, semester 4, of the Faculty of Sports Science and Recreation, UiTM Seremban organised their first webinar on entrepreneurship and Covid 19 Pandemic. Bringing together participants from students and the public, the webinar addresses a wide range of issues, from challenges, obstacles and opportunities to entrepreneurs in conducting sport business during the pandemic Covid-19.

The program aims to share, educate and expose the students on the business and entrepreneurship environment during Covid 19. Faiz Safwan b. Ab Rahim, the Managing Director of SBK Crew Legacy and Muhammad Noorfikri b. Shamsudin, Freelance Sport Masseur were invited as panels for this program. "The demand of online remote working from home significantly affect me as an individual and as an employee as there were many restrictions especially in time management", as said by Faiz Safwan. Muhammad Noorfikri explained that, "This is actually a good time to start a business as it can reduce costs in terms of facility fees, electricity fees, rentals and others".

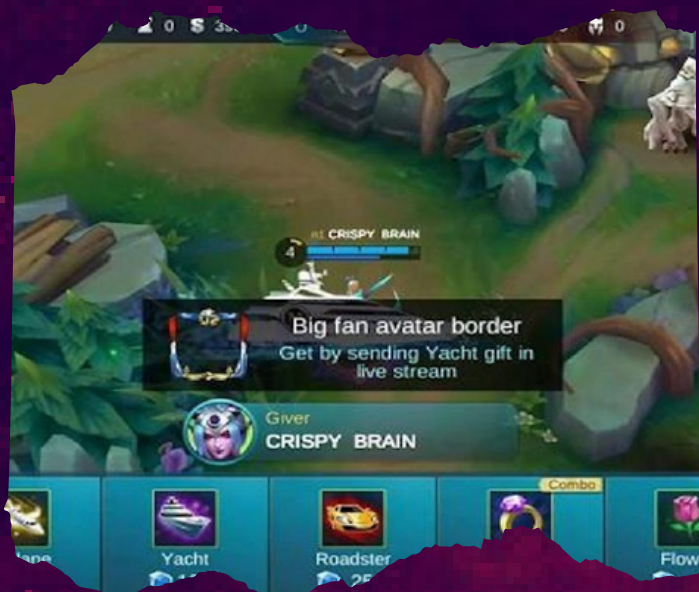


Managing Director of SBK Vrew Legacy



Panel is an alumni of Faculty of Sports Science and Recreation

Pandemic Covid-19 trains people to quickly adopt the use of online work styles, striving to maintain the same level of productivity as working from the office. The goal of organising this program is to provide students and the general public with information that will help them in understanding and managing unexpected situations. Aside from that, this webinar is able to increase awareness of the issues faced by entrepreneurs, as well as offer best practices in addressing these challenges in order to facilitate the role of entrepreneurship in the future specifically in the sport sector.



Mobile Legends events

FOSREC E-SPORT CARNIVAL 2021 UITM CAWANGAN NEGERI SEMBILAN, KAMPUS SEREMBAN



PUBG events

ARTICLE BY AKMAL HAZIM, MUHAMMAD AIMAN, ALIF IRFAN, ABDUL MALIK, FIRDAUS RIDHA

SEREMBAN: FoSRec Association has organised an e-Sport Carnival 2021 for UiTM Seremban students. The week-long tournament has a prize pool of RM1200 and is part of the National e-Sports Blueprint to promote participation in the local e-Sport ecosystem. The program was held for 7 days starting from 21st until 27th May 2021. This Carnival features two categories of competition; Mobile Legends and PUBG. "We received an encouraging response where 129 participants from 29 teams have registered their teams for this Carnival," said Muhammad Aidil, project director of FoSrec e-Sports Carnival.

The objective of this program is to cultivate the spirit of sportsmanship, and increase cooperation and teamwork between participants and organisers. This program also helps to develop the talents of the participants and provides an opportunity to show their skills in the competition. The program was organised in line with the goal of the Minister of Youth and Sports, Dato' Seri Ahmad Faizal bin Dato' Azumu who said, "Providing opportunities for all participants has always been a cornerstone of KBS programs and initiatives, and this includes e-Sports. This is one of the programs that should be sustained as a means of promoting e-Sports as a prestigious and developing sport in Malaysia.



Castor from Kurochi Gaming hosting Live FoSRec PUBG competition

On 1st & 2nd January 2022, The FoSRec Association had joined the bandwagon by organizing an e-sports competition called PUBG. PUBG is one of the high-rated games for e-Sports in Malaysia. This online game begins with participants going parachuting on the game island. The mission of this competition is to collect everything from weapons, medical supplies, and clothing to win.

A total of 60 participants from 15 teams participated in the tournament. The prize pool for this competition was RM2,000 where the winner won a total of RM 1,000, second place, RM 600 and third-place was RM 400. The main goal and purpose of organizing this competition are to provide opportunities for students and the community to participate in e-sports competitions and show their talents. Additionally, this tournament was also organized to enhance teamwork, and improve coordination

E-SPORT PUBG COMPETITION

Article by: AkmalHazim, MuhammadAiman, Alifirfan, AbdulMalik, FirdausRidha

"Success depends upon previous preparation, and without such preparation there is sure to be failure." – Confucius

between participants. Facebook was the main selected medium for this e-Sports competition.

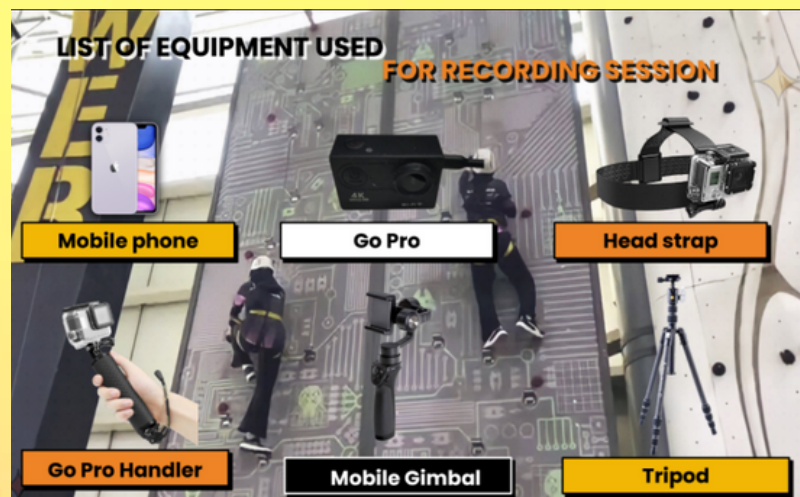
Since young people are exposed to games at such a young age, FoSRec has taken this occasion to educate them on digital literacy practices, morals and ethics with respect to e-Sports. Taking a trip down a few years back, the future of e-Sports had raised some worries which are no longer being an issue in Malaysia to date. e-Sports had been perceived similar to any football or badminton tournaments where people compete to win medals and prizes.

THE REBIRTH OF INVICTUS: AT DISTRICT 21

ARTICLE BY : D A N I A | A I N | A R I N A
| Y A N A | F A T I N I

27th January 2022; A total of 54 final semester students of the Diploma in Sports Management and Recreation of UiTM Seremban or known as the Invictus batch have conducted "The Rebirth of Invictus": at District 21 which took place live via Fosrec Official YouTube Channel recently.

The YouTube live generally broadcasted on video log of the interview session with Assistance Manager Sales and Marketing department of District 21 IOI City Mall, Putrajaya, Mr. Shahrul Nizar. The participant will get to know more about the recreation place and students' experiencing eight types of extreme activities that test their adrenaline levels with different height and weight requirements for each game such as LaunchPad, Roller Glider, Tubby Ride, Sky Trail, Ninja Warrior Course, Free Fall, Power Station and Maze. The video log recording session was recorded a month before the live event started.



In this event, there are 36 students involved during the recording session. They were divided into four groups and each group played two types of games. The recording session only took around 4-5 hours to complete because the sessions were conducted simultaneously by all groups. The event was hosted by two talented emcees from the batch, Nurul Iryani binti Mohamad Sani and Muhammad Aiman Yusuf bin Mohd.

Yusri aimed to encourage students to balance their physical and mental fitness while doing strenuous activities. This experience gives a lot of fun and enjoyable activities that are available at District 21. The live session managed to get around 120 viewers in total. At the end of the events, there is a QR Code that has been displayed for the audience to scan and give their feedback about the events. For the audience who scan and answer the feedback questions through the QR Code, they will receive a digital E-Certificate.

In conclusion, this event showcases that the teamwork done by this batch was absolutely great and fantastic. The events received a lot of positive vibes and good feedback from the viewers as well as from the District 21 recreation place itself. After the live events, the amount of customers who come and visit the place has increased because these events help to attract viewers.



SKYTREX

FUNKY E-VIRTUAL ADVENTURE 2022

Article By Qur, Yan, Fat, Az, Mar



Organizer with Skytrex Staffs

On January 2022, Students of Degree in Sports Management and Recreation (SR2413) organized the Funky e-Virtual adventurer event at Skytrex Sg. Congkak. The event was streaming live via FoSRec youtube channel. The objective of this event was to express and strengthen the relationship between the members of the Faculty of Sports and Recreation Science (FoSRec) and the outside community as well as to foster a spirit of cooperation with each other.

In addition, this program also gave opportunities for students of the FoSRec to improve management and administrative skills for the organization program. The vlog concept of this event consists of interviewing, reporting and reviewing the Skytrex venue which indirectly provides new experiences to students. A total of 202 viewers turned out during the live streaming of this event on youtube which means it gives good feedback from the audience and e- certificate was given to the attendees.

During the live streaming of the interview session, Mr. Azlan (SKYTREX CEO) shared knowledge, experience and details about SKYTREX trails. On top of that, Mr. Azlan had also taken the chance to explain about the promotions given to visitors and the safety regulations that should be taken. In addition, he shared on career development for the future among young people. Hopefully, this venture experience continues from time to time as this experience provides more insight and valuable knowledge to both the organizer and community. For those who have never ventured into this activity, this is a piece of valuable knowledge that you don't want to miss.

ONLINE DISTANCE LEARNING

Article by: JACQUELINE, MUHD FADLI, AISH, NURHASHIFA, IRFAN LATIF.

The unprecedented outbreak of the COVID-19 pandemic has contributed to the rise of e-learning. Online distance learning or known as ODL is created to assist students and teachers and lecturers to carry out learning and education activities during the Covid-19 pandemic. The ODL system is used online using gadgets to share knowledge and attend designated classes. However, the system has its own pros and cons for anyone who uses it, especially students and lecturers of local or international universities.

The Advantages of Online Distance Learning.

The first advantage of ODL is, it suits a **variety of learning styles**. This is because every student has a different learning journey and a different learning style. Some students are visual learners, while some students prefer to learn through audio. Similarly, some students thrive in the classroom, and other students are solo learners who get distracted by large groups. The online learning system, with its range of options and resources, can be personalized in many ways. It is the best way to create a perfect learning environment suited to the needs of each student.

The next advantage of ODL is **affordability and it reduces financial cost**. Online education is far more affordable as compared to physical learning. This is because online learning eliminates the cost points of student transportation, student meals, and most importantly, real estate. Additionally, all the course or study materials are available online, thus creating a paperless learning environment that is more affordable, while also being beneficial to the environment. Online distance learning is sure to be very helpful for learning during pandemic Covid-19. They have many features that provide students with easy study. But if compared to face-to-face study, it is also having its own disadvantages.

The Disadvantages of Online Distance Learning.

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Firstly, the disadvantage of ODL is the **inability to focus on the screen**. For many students, one of the biggest challenges of online learning is the struggle to focus on the screen for long periods of time. With online learning, there is also a greater chance for students to be easily distracted by social media or other sites. Therefore, I think it is imperative for the teachers to keep their online classes crisp, engaging, and interactive to help students stay focused on the lesson.

Next, there are also **technology issues** for certain students either with devices or the line connectivity. While internet penetration has grown in leaps and bounds over the past few years, in smaller cities and towns, a consistent connection with decent speed is a problem. Without a consistent internet connection for students or teachers, there can be a lack of continuity in learning for the child. There is also a problem with the device where the phone or laptop did not support certain apps or limited storage problems. This is detrimental to the education process.

Since ODL was created, many users have been able to spend their time at home as they do not have to go to work or to class physically. This virtual learning is also able to overcome the increase in the spread of Covid-19 in the country. Not only that, but based on the cutting-edge technology of today, various ways can be done to continue people's annual activities without having to be physically present.



As Professor Dr. Abdul Karim Alias, Director of Centre for Development of Academic Excellence (CDAE) from (USM) emphasized “Online learning and online education are no longer an option - it’s a must.”

Pertandingan Melukis Poster & Komik Covid-19

ARTICLE BY FATIMAH, AMMAR, AFIQ, IRFAN & INTAN

UiTM Campus Seremban, 27 January 2021 - The Faculty of Sports Science and Recreation (FoSRec) has organized a contest named "Pertandingan Melukis Poster & Komik Covid-19". The main objective is to raise awareness about the threat posed of Covid-19 and allow participants to explore and develop their talents in poster production. The contests were open into two categories: participation from the university level and participation from the secondary school level. At first, this competition was receiving such a bland response by the students, as many mentioned about unawareness of the existence of this competition. However, the organizer did not give up upon publicizing this competition by uploading the competition posters on Instagram and Whatsapp applications. Finally, the program has received 31 entries and has been successfully conducted. Rafiqa Izzani has won RM50 the first place for this competition, the second place was Wan Muhd Nabil and for third place was won by Aqidah Syuhada.



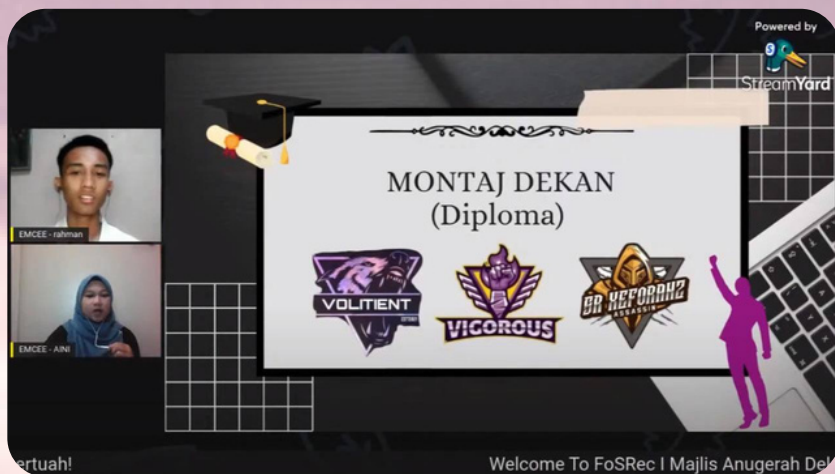
Participants artwork



Awareness of Covid-19

This programme has improved participants' thinking to a degree, allowing them to be more creative to produce excellent work while competing against people of varied ages. In addition, the programme improves participants' skills and capability to manage their time more effectively when completing the task.





Dean's Award for Diploma students

The Faculty of Sports Science and Recreation, UiTM Seremban had successfully organized Dean's List Award on the 29th October 2021 via live stream broadcasting at their official Youtube Channel. This event was held to promote the students in visualizing the vision of the Faculty of Sports Science and Recreation which is to be an excellence and a leader in the field of sport science, management of sports and recreation that is superior, ethical and world class for session October 2021 - February 2022.

The event was led by Dr. Radzliyana Radzuwan, coordinator of sport management, Prof. Dr. Mohad Anizu, dean of the faculty, and also was attended by 67 students of Diploma in Sport Management, 89 students of Diploma in Sport Science, 49 students of Bachelor of Sport Science, as well as the others faculty's staff and students.

The dean congratulates all the students that got on the dean list in the previous semester. He mentioned this in his speech and wished them to continue their effort to remain successful for the current semester. The program featured interchangeably between videos of dean list students along with audio contest from lecturer, montage of every batch and video of student's personal experience online learning situation. The main highlight of the event is the performance of three students from the faculty in which they sang a mash up song by themselves entitled "Hilang", "Sumpah" and "Insan Yang Kau Cinta". Not to forget, the emcee of this event themselves had managed still some spotlight on how they managed to captivate the audiences that night.

Dean's Award Ceremony

Article By Irfan, Intan, Afiq, Ammar, Fatimah

The event ended successfully and ran smoothly during that night and managed to get 360 viewers. "We are very satisfied with our event tonight, and we promised to make it greater on our next program scheduled on 31st December 2021 until 2nd January 2022". Quoted from the organizer during the interview session. With the success of this program, they are really optimistic about the success of the next program.



Dean's Award semester of March - August 2021



UiTM GOT TALENT

UiTM Got talent is a talent competition program conducted by students of the Faculty of Sports Science and Recreation (FoSRec) to enliven the celebration of Hari Raya Aidilfitri 2021, when the nation is suffering from the covid-19 outbreaks. Taking account of the current pandemic situation faced by Malaysians, the program was held online from 21st and 22nd May 2021 and open for various ages to participate. Participants who want to get involved in the program need to pay a fee of RM5. The program's objectives are to uncover the participants' talent in singing, instil the value and sense of belonging in oneself using an artistic approach, and to increase self-confidence to showcase their talent when facing a large audience, even through an online platform.

A total of 15 participants were involved in this program. Participants must send a video of their singing to the organizer within a given period. On the last day of the video submission period, the organizer sent the participant's video to the jury for evaluation. The prize money of RM 100, RM 75 and RM 50 was allocated for the top 3 winners respectively. In conclusion, this event has allowed the participants to showcase their hidden talents and share their meaningful moments during the pandemic of Covid 19 by singing the 'Hari Raya' songs.





1st and 2nd place winners

A total of seven participants participated in this competition. Each participant must send their Quran recitation video through the Telegram application. Evaluation was done by two panels Ustaz Abdul Hanis bin Mohd Daud (who once represented Negeri Sembilan at the National Level Majlis Tilawah Al-Quran) and Muhammad Fadzly bin Spalie (Assistant Officer of Islamic Affairs at UiTM Kuala Pilah). The winners were announced through the official FoSRec's Instagram. The first place in the men's category goes to Muhammad Syazwan bin Mohd Shauari, followed by the second place, Wan Emran Haikal bin Wan Shahrol Nizam. Meanwhile, in the women's category, first place was won by Nurusaadah Binti Ahmad Luthfi, followed by Aqmar Farhana Najwa Binti Ahmad Fuad in second place, and Nurin Najwa Binti Md Adnan in third place. Prizes won by each winner were, RM100, RM75 and RM50 respectively.

Hopefully, this event will be done every year to ensure the young generation knows how important Tajwid is in reciting Al-Quran. From time to time, Quran recitation has been forgotten, especially in the young generation. FoSRec Association collaborated with UiTM Kuala Pilah Affairs Members who have taken this opportunity to organized an event in 'Pertandingan Tilwah Al-Quran' on 29th April 2021 from 8.50 PM until 9.50 PM using Google Meet as a platform.

The main objective of this program is to provide opportunities for participants to highlight their hidden talents, and utilized such events as a medium to hone their abilities, learn, and know the importance of the law of tajwid in the Quran. This event also wishes to produce and create people who are knowledgeable in the skills of reading the Quran and promote awareness to the public about the importance of the law of tajwid in life.

PERTANDINGAN TILAWAH AL-QURAN

ARTICLE BY : AZNISHA, LIYANA, QAMARINA,
HUMAIRA & IMRAN



Tilawah session with judges



APPRECIATION REPORTER



FoSRec e-Bulletin

SR Invictus

1. ABDUL MALIK BIN ROSLI
2. AISH BIN ZAIRUL
3. AKMAL HAZIM BIN MOHD AZMI
4. AZIZUL HAKIM BIN ABU BAKAR
5. AZNISYA BINTI ALI
6. AZRUL AKMAL BIN ABDUL RAZAK
7. HUSNA HAZIRAH BINTI HASIM
8. MUHAMAD HISYAMUDDIN BIN DIDIN
9. MUHAMMAD ADAM BIN KHAIRUL ANWAR
10. MUHAMMAD AIMAN BIN MOHAMMAD YAMIN
11. MUHAMMAD AIMAN YUSUF BIN MOHD YUSRI
12. MUHAMMAD ALIF IRFAN BIN DISAN
13. MUHAMMAD AMEER FARHAN BIN MOHD AZHARI
14. MUHAMMAD AMIR FIRDAUS BIN MUHAMMAD
RIDHA DJAMILY
15. MUHAMMAD IMRAN SYAKIRIN BIN IDRIS
16. MUHAMMAD IZHAM BIN ABD LATIB
17. MUHAMMAD SYAMIL IQMAL BIN ROSMAN
18. NOR LIYANA NAJWA BINTI YAAKUB
19. NUR HUMAIRA BINTI MOHD ADZHAR
20. NURFATINI BINTI MOHD ROZAIMI
21. NURUL IRYANI BINTI MOHD SANI
22. NURUL QAMARINA BINTI ROSTAM
23. SAMUEL MILLAN ANAK TOMMY
24. SITI NURAZREENA BINTI MOHD FAIZAL
25. ZUHRI BIN MUHAMMAD ZIN
26. AHMAD FARIS IZZUDDIN BIN RAHIM
27. ALYA NABIHAH BINTI MOHAMMAD MUNASEA
28. AQL BIN ALASRI
29. ARINA DAHLIA BINTI ZAHIRUDDIN
30. FATIMAH AZ - ZAHRAH BINTI HUSSIN
31. INTAN NURUL IZZAH BINTI NORDIN
32. IRFAN DANIEL BIN ABD LATIF
33. JACQUELINE JALONG
34. MARSYA MAISARAH BINTI KAMARUDDIN
35. MUHAMMAD AFIQ BIN IKHWAN
36. MUHAMMAD AFIQ HADI BIN ASMIZAR
37. MUHAMMAD ALIF DANIAL BIN MOHD RUZAINI
38. MUHAMMAD ALIFF BIN HALIM
39. MUHAMMAD AMMAR BIN KAMARUZAMAN
40. MUHAMMAD FADLI BIN MOHD KAMAL ARIFFIN
41. MUHAMMAD IRFAN BIN AZHARI
42. NAZRUL SYAZWAN BIN ZAINURASHID
43. NUR AUNI AQILAH BINTI SA'AT
44. NUR DANIA FARISHA SHAIKH MOHD SHAHRIM
45. NUR MIESHA EMYLIN BINTI HAMZAH
46. NUR QURRATU ANISAH BINTI MOHD MISRAN
47. NURFARINA BINTI SAMSUDIN
48. NURHASHIFAH AMIERA
49. NURSYAKIRAH HUDA BINTI MOHD SOFIE
50. NURUL FATIHAH BINTI NORMAN
51. NURUL IZZATI BINTI HANIF
52. NURUL LIYANA NABILA BINTI ABDUL KARIM
53. NURULHANUM BINTI MOHD NOR
54. SHANIL HAMIERA EIDORA BINTI SHAMSURI
55. SITI NURUL AIN BINTI HAMZAH



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