

SPORTS SCIENCE

MOBILITY PROGRAMME



HEALTH

TUNKU ABDUL RAHMAN UNIVERSITY OF MANAGEMENT AND TECHNOLOGY

Tunku Abdul Rahman University of Management and Technology (TAR UMT) was established in 1969 with the focus of providing tertiary education opportunities for young Malaysians. TAR UMT Main Campus in Kuala Lumpur sits on a piece of 171-acre land and the campus is an iconic landmark for its architectural feat in blending historical buildings with modern structures as well as the verdant greenery. TAR UMT is one of the oldest institutions of higher learning in Malaysia with more than 210,000 students having passed through its doors.

Today, TAR UMT has a student population of about 28,000 including international students from more than 20 countries enrolling in close to 200 programmes over a wide range of disciplines.





PLAN YOUR MOBILITY PROGRAMME WITH US

01

Application of natural setting in achieving training & fitness goals

02

Interaction with Malaysia students in sport activities

03

Understand and appreciate the history, rules and regulation of the local/traditional games in relation to contemporary sports

PROGRAMME AGENDA

	AM	PM
DAY 1	Airport Pick Up & Check in to Accommodation Welcome Lunch & Briefing on programme and campus tour	
DAY 2	Malaysia Cultural Workshop	Malaysia Cultural Workshop
DAY 3	Experience the Traditional Art of Wau-making	Introductory Course – Silat
DAY 4	Talk: Nutrition – Awareness of Dietary Intake & Weight Management & Body Composition Analysis	Food Science: Food Preparation
DAY 5	Sport Activities with TAR UMT students	
DAY 6	KL City Tour	
DAY 7	Team Building Activity	
DAY 8	Fitness Tests: How fit you are?	Sport and Exercise Science Lab Demonstrations
DAY 9	Discussion: Relate your fitness score and fitness/ health status	Body Conditioning Workshop
DAY 10	Outdoor Trekking Activity	Yoga & Aquatic Programme
DAY 11	Experience Dragon Boat Activity	Putrajaya Tour
DAY 12	Malacca Heritage Tour	
DAY 13	Free & Easy	
DAY 14	Departure to Home Country	

**Itinerary is subject to change*





USD 500 PER STUDENT

The package includes:

- + Sport Science Study Programme
- + Trainer Fees & Learning Materials
- + Certification of Participation upon completion of the programme
- + Welcoming Lunch
- + Airport Pickup & Send Off at designated time
- + Accommodation, Entrance Fees & Transportation Fees
- + Visit to Kuala Lumpur & Malacca & Putrajaya

**The programme fees quoted for a minimum number of 20 participants per group*

The package excludes:

- + Air Ticket
- + VISA Fees (If applicable)
- + Meals
- + Travel Insurance
- + Other Personal Expenses



CONTACT US

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