

## Learning the Science of Sports



FOAS Department of Sport Science lecturer Tiew Kee Aun students are taught different theories and practical methods

TRYING to keep fit and adopting a healthy lifestyle has always been a popular topic and the focus of most people's new year's resolutions. Maintaining a balanced diet and regular exercise may sound easy, but it is easy to get carried away. While pushing oneself is important to obtain better results, going too far too fast could result in injury or have adverse effects.

This is where sports science comes in. Used to help identify strengths and weaknesses so that a training programme can be personalised for everyone from athletes to the elderly and everyone in between, sports and exercise science is the study of how the human body reacts and adapts to exercise from a physiological and psychological perspective. As a leader of quality education for over 50 years, Tunku Abdul Rahman University College (TAR UC) is one of the very few institutions of higher learning in Malaysia that offer sports and exercise science programmes under the Faculty of Applied Sciences (FOAS) to students who have a keen interest in sports and wish to pursue a career in the said field.

"A common misconception is that when you enter this field, all you do is play and practise different sports. That is entirely not the case," said FOAS Department of Sport Science lecturer Tiew Kee Aun.

"Our students are taught different theories and practical methods to enhance the performance of athletes and the general population. They are also taught communication methods to learn how to convey information effectively when in practise. "Our syllabus also consists of injury management, sport sociology, biomechanics and sports law. Students are exposed to all the core aspects which will help them deal with athletes, their training, and also working in a multidimensional team of experts to help make the athletes better performers and to prolong their career. "We are seeing a boom in demand for a healthy lifestyle here in Malaysia and this is a good sign as more job opportunities will arise from the higher demand for healthy living. Professional and semi-professional sport teams are also seeing the importance of sports science and are trying to hire more sports and exercise science experts to bring their club or team to a higher level."

Aside from his role as a lecturer, Kee Aun also shares what potential students can expect if they were to enrol into TAR UC's sports and exercise science programme via his YouTube (KeeAunTiew) and Facebook page (@trainwithTKA). "My YouTube channel is meant to be about my daily life and vlogs as I am always comfortable in front of the camera. It is meant to be a platform for me to share some of the things we do when we learn sports science so the public can gain insights on what is in store for them if they choose to enter this field.

"Other content of my channel includes me vlogging about my daily life and some unboxing videos. "One of the many advantages of studying sports and exercise science in TAR UC is definitely the lecturers. Our team of experts from many different fields in sports science is very knowledgeable to guide the students in understanding core subjects which will help them in their practice in the future," added Kee Aun.

TAR UC offers sports and exercise science programmes at Diploma, Bachelor's Degree and Postgraduate levels. To find out more about other programmes offered by FOAS, call 011 – 1075 8544 or visit their webpage at [www.tarc.edu.my/foas/](http://www.tarc.edu.my/foas/). Application for all 2021 intakes is now ongoing. Prospective students are encouraged to apply online at [www.tarc.edu.my](http://www.tarc.edu.my).

First-time applicants who send in their application online by June 20 will receive a waiver of RM60 processing fee. SPM trial exam results are accepted for Foundation and Diploma programmes for the June 2021 intake. Attractive scholarships are also available at TAR UC on the basis of academic merit and sibling discount for qualified students



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