



<b>COURSE TITLE</b>	: Occupational Safety and Health in Sports (Remote Learning)	<b>COURSE CODE</b>	: OSHSPO-RL
<b>COURSE DURATION</b>	: Half-day / 4.25-hour(s)	<b>COURSE LEVEL</b>	: Basic
<b>COURSE CATEGORY</b>	: Non-Competency		
<b>HRD CORP SCHEME</b>	: Claimable		
<b>COURSE FEE</b>	: RM108.00 (inclusive of 8% SST)		

**1. OBJECTIVE(S):**

At the end of the course, the participant will be able to:

- i. Increase knowledge related to occupational safety and health in sports.
- ii. Identify hazards and risks in sports.
- iii. Identify and prevent injury cases among athletes.
- iv. Reduce medical costs from the hazards.

**2. TARGET GROUP(S):**

- i. Athletes.
- ii. Amateur / recreational sports players.
- iii. Sports facilities owner.
- iv. Sports event organiser.
- v. Managers / Executives.
- vi. Safety and Health Officers.
- vii. OSH practitioners.
- viii. Safety and health committee members.
- ix. Supervisors and all levels of workers.

**3. ENTRY REQUIREMENT(S):**

- i. None (advantages if the participant is able to understand Bahasa Malaysia or English).
- ii. Must have device (Computer, Laptop or Tablet) to participate in e-learning platform. The use of mobile phones is NOT PERMITTED; **AND**
- iii. Must have good internet connection; **AND**
- iv. Zoom account registered with personal email.

**4. TOPIC(S):**

- i. Legislation Related to Occupational Safety and Health.
- ii. Accident and Injury Prevention in Sports.
- iii. Injury Prevention Programmes.
- iv. Sports Nutrition.



**5. LIST OF REFERENCE BOOK(S):**

- i. Occupational Safety and Health Act 1994.
- ii. 11 Plus Programmes.
- iii. Ergonomics in Sports and Physical Activities.
- iv. *Garis Panduan Aktiviti Fizikal Malaysia, Kementerian Kesihatan Malaysia 2017.*

**6. LIST OF TEACHING AID(S):**

- i. Computer/ Laptop.
- ii. Teaching tools.

**7. LIST OF CLASSROOM ACTIVITIES:**

- i. Lecture.
- ii. Discussion.

 	<b>NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH</b>		
	COURSE SCHEDULE		
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**COURSE TITLE: OCCUPATIONAL SAFETY AND HEALTH IN SPORTS (REMOTE LEARNING)**

**DAY ONE**

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0800 - 0830	0.50	Registration and Course Briefing	NIOSH
0830 - 0900	0.50	Legislation Related to Occupational Safety and Health	
0900 - 1000	1.00	Accident and Injury Prevention in Sports	
1000 - 1015	0.25	BREAK	
1015 - 1145	1.50	Injury Prevention Programmes	
1145 - 1300	1.25	Sports Nutrition	
1300 - 1315	0.25	Evaluation and Closing	NIOSH
	<b>4.25</b>	<b>END OF THE COURSE</b>	

**Note:** Quiz will be conducted at the end of the session of each topic.