#### INSTITUT KESELAMATAN DAN KESIHATAN PEKERJAAN NEGARA

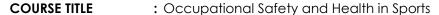
NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH

#### KURIKULUM KURSUS

COURSE CURRICULUM

TEL: 03 - 8911 3800 FAX: 03 - 8926 3900

URL: www.niosh.com.my



COURSE DURATION: Half-day / 4.25-hour(s) COURSE CODE: OSHSPO

COURSE CATEGORY: Non-Competency COURSE LEVEL: Basic

**HRD CORP SCHEME**: Claimable

COURSE FEE : RM216.00 (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).

### 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.

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# 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. LCD projector.
- ii. Computer.
- iii. White board with accessories.
- iv. Flip chart with accessories.

## 7. LIST OF CLASSROOM ACTIVITIES:

- i. Lecture.
- ii. Discussion.

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# NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH COURSE SCHEDULE Document No. Revision No. Page NIOSH-PDD-CS-OSHSPO MAST210924 3 / 3

## COURSE TITLE: OCCUPATIONAL SAFETY AND HEALTH IN SPORTS

## **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	MORNING TEA BREAK	
1015 - 1145	1.50	Injury Prevention Programmes	
1145 - 1300	1.25	Sports Nutrition	
1300 - 1315	0.25	Evaluation and Closing	NIOSH
	4.25	END OF THE COURSE	

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

COURSE SCHEDULE NIOSH MALAYSIA