



COURSE TITLE	: Occupational Safety and Health in Sports	COURSE CODE	: OSHSPO
COURSE DURATION	: Half-day / 4.25-hour(s)	COURSE LEVEL	: Basic
COURSE CATEGORY	: Non-Competency		
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.



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.

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.