



UTM
UNIVERSITI TEKNOLOGI MALAYSIA

EXCEL ACTIVITY REPORT

PREREQUISITES FOR EXCEL

SUKAN SEKOLAH KOMPUTERAN 2020

(SUSKOM'20)

NAME: AZRIANA BINTI ZAINAL ABIDIN

MATRIC NO: A19EC0027

PROGRAMME: SECP

ACADEMIC ADVISOR: DR AZURAH BTE A SAMAH

Activity Information

Description: This program is a running competition for 5km in UTM Campus Johor.

Date: 7/3/2020

Venue: UTM

Organizer: Persaka UTM

Position: Participant

Graduate Attribute

1. Adaptability

Mini Report

On 7 March 2020, Persaka UTM organized a running competition for School of Computing students. The name of the competition is Sukan Sekolah Komputeran 2020 (SUSKOM'20). Graduate attributes that are focused in this competition are Deep discipline knowledge and intellectual breadth. This type of competition made us a competitive person and at the same time is it a healthy competition. Healthy competition is important because their competitive spirit stems from a growth mindset, and is used in a positive way to help their team (and themselves) reach their goals. The competition requires us as the participants to run for 5km around UTM. Every checkpoint will be in charge by Persaka's members. The competition starts at 8 am and the starting point is at the Faculty School of Computing. The final checkpoint is the same as the starting point. I finish the run at 8:35 am. After we reach the starting point we have to go to the counter to take our e-certificate and some food. They gave us mineral water and Gardenia cornbread.

Self Reflection

As for my reflection, I would like to say that this competition makes me realized that I'm not that fast at running. So I need to do more workouts to keep my stamina and energy strong. In university, the student must have their me-time other than always study so keeping active through physical activity and sport has many benefits for the body. Some of these benefits include increased cardiovascular fitness, bone health, decreased risk of obesity, improved sleep, and better coordination and balance. Other than that, with this competition, I get to explore UTM during the running process since I was in my first year at that time. Lastly, this kind of activity should be held frequently especially when the coronavirus is gone. I hope Persaka UTM will organized this kind of activities and competition to motivates students to be healthy and competitive people. Picture below shows the scenery during the running process.

