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UNIVERSITI TEKNOLOGI MALAYSIA

FACULTY OF COMPUTING
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ExCEL Activity Report

FOMDEX

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Course	3/SECBH
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1. JUSTIFICATION ON JOINING THE ACTIVITIES.

Participating in a fitness program is grounded in the fundamental principle of prioritizing personal well-being and adopting a proactive approach to health. The justification for joining a fitness program extends beyond the physical benefits of exercise, encompassing holistic advantages for both the body and mind. Regular physical activity is known to enhance cardiovascular health, improve strength and flexibility, and boost overall fitness levels. Moreover, engagement in a structured fitness program provides a sense of accountability, ensuring consistent dedication to a healthier lifestyle. Beyond the physical, exercise has proven mental health benefits, including stress reduction and improved mood through the release of endorphins. Joining a fitness program is thus a strategic investment in long-term health and vitality, aligning with the pursuit of a balanced and fulfilling life.

2. GRADUATES ATTRIBUTES

- Discipline and time management

Graduates participating in a fitness program demonstrate discipline by adhering to a consistent workout routine and managing their time effectively to prioritize physical activity. This attribute reflects their commitment to maintaining a healthy lifestyle amidst busy schedules. Whether scheduling regular workouts, planning meal preparation, or allocating time for recovery, the disciplined approach ensures that fitness becomes an integral part of their routine, contributing to overall well-being.

- Teamwork and Communication skills

Engaging in group fitness activities provides graduates with opportunities to showcase teamwork and communication skills. Whether participating in group classes, team sports, or collaborative fitness challenges, graduates learn to work harmoniously with others towards common fitness goals. Effective communication with instructors or fellow participants is crucial for understanding workout routines, ensuring safety, and fostering a supportive fitness community. These skills are transferable to professional settings, enhancing the graduate's ability to collaborate and communicate effectively in diverse environments.

- Emotional intelligence

Graduates involved in a fitness program develop emotional intelligence by recognizing and managing their emotions in response to physical challenges and achievements. Understanding how exercise impacts mood and well-being allows graduates to navigate their fitness journey with self-awareness. Additionally, participating in group activities fosters empathy and social awareness as graduates share in the emotional experiences of their fitness community. This emotional intelligence not only enhances the individual's mental well-being but also contributes to a positive and supportive fitness environment for all participants.

3. CONTENT ACTIVITIES

- Adventure Walk

This activity promotes physical fitness, teamwork, and resilience as officer cader to overcome obstacles and work together to reach destination. We had to walk with 4kg weight on our back. It is an adventure-based experience that encourages each of us to embrace the outdoors, fostering a sense of camaraderie and connection with nature.

- Base Defence

This activity emphasizes strategic planning, teamwork, and effective communication as participants coordinate their efforts to protect the designated base. It may involve elements of problem-solving, critical thinking, and physical agility. Base Defence is commonly used in team-building or leadership development programs to enhance group dynamics and decision-making skills.

- Sports

A volleyball competition between groups was conducted. Through this sport, it further strengthened the bond within our squad. The practice of mutual assistance was deeply embedded in every activity there. Additionally, we were able to observe the true nature of our friends. Thus, by doing this activity, we able to enhance our current situational awareness, teamwork, and adaptability in dynamic environments.

- Explorace

We are given clues or tasks that lead to different locations, where we must complete challenges about ROTU NAVY or collect specific items near the location of FOMDEX. The goal is to navigate through the designated route, solve puzzles, and reach the finish line in the shortest time possible. Explorace promotes problem-solving skills, teamwork, and effective communication as we had to collaborate to decipher clues and successfully complete challenges. It is an engaging and interactive activity that encourages exploration and strategic thinking.