



ExCEL Mini Report

Event – FSSH Sport Day

NAME	MATRIC NO.
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Programme : Bachelor of Computer Science (Computer Network and Security)

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Justification in joining the activity

FSSH Sport Day is an annual event organized by the Faculty of Social Sciences and Humanities (FSSH) at Universiti Teknologi Malaysia (UTM). This event was conducted on December 16-17, 2022. This event aims to enhance students' physical fitness while promoting sportsmanship and teamwork among students from various backgrounds. In addition to sports competitions that cover a range of disciplines, the program also serves as a platform to strengthen the participants' spirit and camaraderie. Through FSSH Sport Day, students are expected to gain positive experiences that build both physical and mental resilience, fostering a healthy and dynamic sporting spirit within the university environment.

The graduate attribute that are focused on

- **Effective Communication**

The role as a umpire requires clear and firm communication skills to ensure the results are understood by players and spectators. This includes the ability to give instructions and explanations that are easy to understand, as well as defuse situations when there is conflict or dissatisfaction among players and supporters

- **Integrity and Profession Ethics**

Umpire should be fair and have integrity in making decisions, free from bias or outside pressure. This fair attitude builds trust and shows high professionalism in carefully following the rules of the game.

- **Critical Thinking and Mental Toughness**

Involvement as an umpire also sharpens critical thinking, especially in making quick and accurate decisions in the middle of a fast-paced game. Mental endurance is needed to overcome the pressure during the match, ensuring focus and concentration throughout the match.

Self Reflection

Participating in the FSSH Sports Day as an umpire provided valuable insights into the importance of fair play, teamwork, and discipline in sports. Observing athletes' commitment and enthusiasm highlighted how sports can be a powerful medium for personal development and community building. Being involved as an umpire underscored the role of integrity and impartiality, teaching me the significance of remaining composed and focused under pressure.

This experience also reinforced the idea that each participant, whether player or official, contributes to the spirit of the event. It was rewarding to see how dedication, passion, and mutual respect can foster a positive atmosphere. Reflecting on this event, I have gained a

deeper appreciation for the collaborative and unifying power of sports, which extends beyond competition and strengthens communal bonds.

Friday, 16th December 2022

7.30 am – 8.00 am	<ul style="list-style-type: none">• Pendaftaran
8.00 am – 8.05 am	<ul style="list-style-type: none">• Nyanyian Lagu Negaraku, UTM Sanjungan Bangsa
8.05 am – 8.20 am	<ul style="list-style-type: none">• Penerangan Peraturan oleh Ketua Pengadil
8.20 am – 12.15 pm	<ul style="list-style-type: none">• Pertandingan Badminton
12.15 pm – 1.00 pm	<ul style="list-style-type: none">• Pengumuman Pemenang• Sesi Bergambar