

Learning Institute for Empowerment (LiFE)

CHARACTER BUILDING (CB)



Visit us at :

Cyberjaya Campus

LiFE Office, Level 1 Wing C, FOE Building

Melaka Campus

LiFE Office, Level 3, Academic Building

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SCAN ME



Learning Institute for Empowerment (LiFE) Character Building (CB)

- Beginning March 2024 intake, all students must take and pass a CB course as a pre- requisite for the award of their degree. CB is a 2-credit hour course offered to first year students at diploma and bachelor's degree levels during the March trimester each year.
- CB provides undergraduate students with opportunities to explore diverse experiences, shape identities, build values, and develop into responsible, well-rounded adults in their life and workplace in modern society.
- CB courses in MMU involve laying the foundation of your resilience, exploring your values, and enhancing your collaborative skills.



- As you pursue your academic and career aspirations, you will understand and cultivate MMU's GEMS personality, values, and future-proof soft skills:

G1 - Generous & Caring

E1 - Empathic & Ethical

M1 - Mindful & Resilient

S1 - Sustainable & Sociable

G2 - Global & Universal

E2 - Entrepreneurial & Expressive

M2 - Modern & Digital

S2 - Strategic & Creative

- You will learn to improve interpersonal skills, practice self-discipline, develop cultural awareness, and benefit from emotional intelligence.
- CB is divided into four (4) clusters of courses, and all students are to select only one (1) course from any of the 4 clusters.



**UNIFORM
BODY**



**SPORTS
SCIENCE**



**PERFORMING
ARTS**



**EMPOWERING
COMMUNITY**

- LCBW611a/LCBW411a**

Character Building (Askar Wataniah)

- LCBW611b/LCBW411b**

Character Building (Angkatan Pertahanan Awam Malaysia)

- LCBW611c/LCBW411c**

Character Building (Jabatan Penjara Malaysia)

- LCBW611d/LCBW411d**

Character Building (Pandu Puteri Clover)

- LCBW612a/LCBW412a**

Character Building (Recreation Sports)

- LCBW612b/LCBW412b**

Character Building (Individual Sports)

- LCBW612c/LCBW412c**

Character Building (Team Sports)

- LCBW613a/LCBW413a**

Character Building (Dance)

- LCBW613b/LCBW413b**

Character Building (Theatre)

- LCBW613c/LCBW413c**

Character Building (Instrument)

- LCBW614a/LCBW414a**

Character Building (Entrepreneurship)

- LCBW614b/LCBW414b**

Character Building (Special Needs Awareness)



LCBW411a - Character Building

(Askar Wataniah)

LCBW611a - Character Building

(Askar Wataniah)

This course introduces students to the duties and responsibilities of being an efficient & disciplined leader. Students are given exposure to the use of Colt M 16 weapon and basic tactics in the War Against Insurgency (Peperangan Melawan Insurgensi, PMI). Students are exposed to leadership and the basics of communication through the disciplinary component of marching and cooperation in groups. Aspects of physical fitness are attained through physical training.

LCBW411c - Character Building

(Jabatan Penjara Malaysia)

LCBW611c - Character Building

(Jabatan Penjara Malaysia)

This course gives students a better in-depth understanding of the Malaysian Prison Department's aims, functions, mission, vision, motto, and Department's Song. Students also learn about the Prison Act and Prison Regulations, the principles of volunteering, including volunteer roles and responsibilities, Volunteer Leadership, the SISKOR Code of Ethics, and physical training (kawad kaki) / martial art (seni bela diri) - SENTAP.



Uniform Body

LCBW411b - Character Building

(Angkatan Pertahanan Awam Malaysia)

LCBW611b - Character Building

(Angkatan Pertahanan Awam Malaysia)

This course introduces students to volunteerism, positive values and soft skills such as generosity, care, mindfulness and resilience. Students can shape their identities, build values, and develop into responsible, well-rounded adults. Students can also learn to improve interpersonal skills, practice self-discipline, develop cultural awareness, and benefit from emotional intelligence.



LCBW411d - Character Building

Character Building (Pandu Puteri Clover)

LCBW611d - Character Building

Character Building (Pandu Puteri Clover)

This course introduces students to the duties and responsibilities of a member of the Pandu Puteri Clover and the development of student character through volunteerism and community services.

LCBW412a - Character Building

(Recreation Sports)

LCBW612a - Character Building

(Recreation Sports)



This course explores recreational sports, covering definitions, historical perspectives, and benefits of health and wellness. It highlights physical, mental, and social advantages, along with nutrition and hydration strategies. Additionally, it addresses improving sports participation through physical knowledge, psychological factors, and safety measures for injury prevention.

LCBW412b - Character Building

(Individual Sports)

LCBW612b - Character Building

(Individual Sports)



This course covers biomechanics principles, physiological responses in sports, injury prevention and management strategies, sport psychology concepts, and nutrition for optimal performance. It emphasizes movement analysis, energy systems, mental skills training, stress management, and effective nutrition strategies for athletes, providing a comprehensive understanding of factors affecting performance and recovery.

LCBW412c - Character Building

Character Building (Team Sports)

LCBW612c - Character Building

Character Building (Team Sports)



This course covers the essentials of sports teams, including their dynamics, injury prevention, nutrition, biomechanics, and coaching strategies. Topics include team roles, chemistry, common injuries and management, the role of nutrition in performance, biomechanical principles, and effective leadership techniques to enhance team cohesion and performance.

Performing Arts



LCBW413a - Character Building
(Dance)

LCBW613a - Character Building
(Dance)

The "Foundations of Dance Technique" course covers warm-up and conditioning for injury prevention, basic dance techniques across styles, choreography fundamentals, and performance skills. Students learn movement, musicality, and storytelling through dance while developing improvisational abilities and stage presence to enhance their expressive performance capabilities.



LCBW413b - Character Building
(Theatre)

LCBW613b - Character Building
(Theatre)

This course provides an introduction to theatre, covering essential concepts, historical development, and various genres. Students learn basic acting skills, character creation, and voice training, alongside stagecraft fundamentals like set design, lighting, and costumes. Rehearsal techniques and performance practice will enhance confidence and stage presence.



LCBW413c - Character Building
(Instrument)

LCBW613c - Character Building
(Instrument)

This course introduces beginners to essential music instruments like the ukulele and acoustic guitar while covering basic music theory, including notes, scales, and notation. Students learn ensemble techniques, rehearsal strategies, musical forms, active listening skills, and performance etiquette to build confidence and enhance their musical experience.



LCBW414b - Character Building (Special Needs Awareness)

LCBW614b - Character Building (Special Needs Awareness)

Students explore definitions and types of disabilities, historical rights movements, and social models. The focus is on effective communication, fostering inclusive environments, and advocacy strategies, emphasizing the importance of inclusivity and empowerment. They learn to identify barriers and promote positive change for individuals with disabilities.

LCBW414a - Character Building (Entrepreneurship)

LCBW614a - Character Building (Entrepreneurship)

This course aims to embed entrepreneurial characters among the students. The students are given the opportunity to learn from successful entrepreneurs as their role model to be entrepreneurs. On top of that, they learn about the fundamental knowledge in entrepreneurship, the entrepreneurship ecosystem, the importance of having a team and how to deliver a winning business pitch.

