



**PROGRAMMES THROUGHOUT MARCH AND APRIL 2021**  
**SEMESTER II, ACADEMIC SESSION 2020/2021**  
 3 March – 11 April 2021

**SPORTS & RECREATION UNIT AND CULTURAL UNIT**  
**DIVISION OF STUDENT DEVELOPMENT AFFAIRS & ALUMNI**  
**USM HEALTH CAMPUS**

DATE	TIME	PROGRAMME	VENUE	FOCUS GROUP		ZONE		
				STUDENT	STAFF	GREEN	ORANGE	RED
3 March 2021 (Wednesday)	5.30pm – 6.30pm	Zumba	Aerobics Hall Sports Complex 1	/	/	/	/	
	6.00pm – 7.00pm	Frisbee/Volleyball/Penalty Kick	Mini Stadium Sports Complex 2	/	/	/	/	
7 March 2021 (Sunday)	5.30pm – 6.30pm	Senam Seni	Mini Stadium Sports Complex 2	/	/	/	/	
	6.00pm – 7.00pm	Ping Pong/Badminton/Squash	Sports Complex 1	/	/	/	/	
	6.00pm – 7.00pm	Frisbee/Netball/Penalty Kick	Mini Stadium Sports Complex 2	/	/	/	/	
9 March 2021 (Tuesday)	5.30pm – 6.30pm	Senam Seni	Mini Stadium Sports Complex 2	/	/	/	/	
	6.00pm – 7.00pm	Frisbee/Netball/ Penalty Kick	Mini Stadium Sports Complex 2	/	/	/	/	
10 March 2021 (Wednesday)	5.00pm – 7.00pm	Indoor Games – Traditional Games	PUMA	/		/	/	
	6.00pm – 7.00pm	Aerobics/Frisbee/Netball/Penalty Kick	Mini Stadium Sports Complex 2	/	/	/	/	

DATE	TIME	PROGRAMME	VENUE	FOCUS GROUP		ZONE		
				STUDENT	STAFF	GREEN	ORANGE	RED
12 March 2021 (Friday)	5.30pm – 6.30pm	Aerobics	Mini Stadium Sports Complex 2	/	/	/	/	
	6.00pm – 7.00pm	Frisbee/ Netball/ Penalty Kick	Mini Stadium Sports Complex 2	/	/	/	/	
	6.00pm – 7.00pm	Badminton/Squash/Ping Pong	Sports Complex 1	/	/	/	/	
	6.00pm – 7.00pm	Futsal/Volleyball	Mini Stadium Sports Complex 2	/	/	/	/	
	5.30pm – 6.30pm	Zumba	Aerobics Hall Sports Complex 1	/	/	/	/	
	6.00pm – 7.00pm	Aerobics/Frisbee/Netball/ Penalty Kick	Mini Stadium Sports Complex 2	/	/	/	/	
	8.30pm – 11.30pm	Golden Voice of USMKK	PUMA	/	/	/	/	
13 March 2021 (Saturday)	9.00 am – 6.30 pm	E-Sports : PUBG Mobile Legends Call Of Duty Mobile (Heats)	Online	/		/	/	/
17 March 2021 (Wednesday)	5.30pm – 6.30pm	Netball/Badminton/Squash	Sports Complex 1	/	/	/	/	
	6.00pm – 7.00pm	Aerobics/Frisbee/Netball/Penalty Kick	Mini Stadium Sports Complex 2	/	/	/	/	
	5.00pm – 7.00pm	Indoor Games - Traditional Games	PUMA	/		/	/	
18 March 2021 (Thursday)	5.30pm – 6.30pm	Aerobics	Mini Stadium Sports Complex 2	/	/	/	/	
	6.00pm – 7.00pm	Zumba/Frisbee/Netball/Penalty Kick	Mini Stadium Sports Complex 2	/	/	/	/	
	6.00pm – 7.00pm	Badminton/Squash/Ping Pong	Sports Complex 1	/	/	/	/	
	9.00 am	Short Video Competition - Announcement and Notification	Online	/		/	/	/
19 March 2021 (Friday)	2.30pm – 6.30pm	Understanding the Wau Bulan Dance – Theory and Practice	PUMA	/		/	/	
	8.30pm – 11.30pm	Golden Voices of USMKK	PUMA	/	/	/	/	
	5.00pm – 7.00pm	Frisbee/Netball/Penalty Kick	Mini Stadium Sports Complex 2	/	/	/	/	

DATE	TIME	PROGRAMME	VENUE	FOCUS GROUP	ZONE
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				STUDENT	STAFF	GREEN	ORANGE	RED
20 March 2021 (Saturday)	9.00am – 6.30pm	Esports : PUBG Mobile Legends Call Of Duty Mobile (Semifinals)	Online	/		/	/	/
22 March 2021 (Monday)	5.30pm – 6.30pm	Zumba	Aerobics Hall Sports Complex 1	/	/	/	/	
	6.00pm – 7.00pm	Aerobics/Frisbee/Netball/Penalty Kick	Mini Stadium Sports Complex 2	/	/	/	/	
	6.00pm – 7.00pm	Badminton /Ping Pong/Squash	Kompleks Sukan 1	/	/	/	/	
23 March 2021 (Tuesday)	6.00pm – 7.00pm	Aerobics/Frisbee/Netball/Penalty Kick	Mini Stadium Sports Complex 2	/	/	/	/	
24 March 2021 (Wednesday)	6.00pm – 7.00pm	Aerobics/Frisbee/Netball/Penalty Kick	Mini Stadium Sports Complex 2	/	/	/	/	
	5.00pm – 7.00pm	Indoor Games – Traditional Games	PUMA	/		/	/	
25 March 2021 (Thursday)	6.00pm – 7.00pm	Aerobics/Frisbee/Netball/ Penalty Kick	Mini Stadium Sports Complex 2	/	/	/	/	
26 March 2021 (Friday)	8.30pm – 11.30pm	Golden Voices of USMKK	PUMA	/	/	/	/	
	6.00pm – 7.00pm	Aerobics/Frisbee/Netball/Penalty Kick	Mini Stadium Sports Complex 2	/	/	/	/	
27 March 2021 (Saturday)	9.00am – 6.30pm	E-Sports : PUBG Mobile Legends Call Of Duty Mobile (Finals)	Online	/		/	/	/
28 March 2021 (Monday)	7.30am – 8.30am	Badminton/Netball/Ping Pong	Sports Complex 1	/	/	/	/	
DATE	TIME	PROGRAMME	VENUE	FOCUS GROUP		ZONE		
				STUDENT	STAFF	GREEN	ORANGE	RED

29 March 2021 (Monday)	6.00pm – 7.00pm	Aerobics	Mini Stadium Sports Complex 2	/	/	/	/	
	6.00pm – 7.00pm	Frisbee/Netball/Penalty Kick	Mini Stadium Sports Complex 2	/	/	/	/	
	6.00pm – 7.00pm	Aerobics/Frisbee/Netball/Penalty Kick	Mini Stadium Sports Complex 2	/	/	/	/	
31 March 2021 (Wednesday)	5.00pm – 7.00pm	Indoor Games – Traditional Games	PUMA	/		/	/	
1 April 2021 (Thursday)	6.00pm – 7.00pm	Aerobics/Frisbee/Netball/ Penalty Kick	Mini Stadium Sports Complex 2	/	/	/	/	
	5.00pm – 6.30pm	Santai Seni	PUMA	/		/	/	
	6.00pm – 7.00pm	Aerobics/Frisbee/Netball/ Penalty Kick	Mini Stadium Sports Complex 2	/	/	/	/	
2 April 2021 (Friday)	8,30pm – 11.30pm	Golden Voices of USMKK	PUMA	/	/	/	/	
5 April 2021 (Monday)	5.30pm – 6.30pm	Senam Silat + Chi Gong/Netball	Sports Complex 1	/	/	/	/	
	6.00pm – 7.00pm	Aerobics/Frisbee/Netball/ Penalty Kick	Mini Stadium Sports Complex 2	/	/	/	/	
6 April 2021 (Tuesday)	3.00pm	Short Video Competition - Closing Date	Online	/		/	/	/
	6.00pm – 7.00pm	Aerobics/Frisbee/Basketball/ Penalty Kick	Mini Stadium Sports Complex 2	/	/	/	/	
7 April 2021 (Wednesday)	5.00pm – 7.00pm	Indoor Games – Traditional Games	PUMA	/		/	/	
	6.00pm – 7.00pm	Aerobics/Frisbee/Netball/Penalty Kick	Mini Stadium Sports Complex 2	/	/	/	/	

DATE	TIME	PROGRAMME	VENUE	FOCUS GROUP		ZONE		
				STUDENT	STAFF	GREEN	ORANGE	RED
9 April 2021 (Friday)	2.30 pm – 6.30 pm	Understanding 'Asyik' Dance – Theory and Practice	PUMA	/		/	/	
10 April 2021	6.00pm – 7.00pm	Aerobics/Frisbee/Basketball/Penalty	Mini Stadium Sports Complex 2	/	/	/	/	

(Saturday)		Kick ( Carnival )						
11 April 2021 (Sunday)	2.00pm – 5.00pm	Short Video Competition - Results and Prize-Giving	Online	/		/	/	/
	5.30pm – 6.30pm	Senam Seni	Mini Stadium Sports Complex 2	/	/	/	/	
	6.00pm – 7.00pm	Aerobics/Frisbee/Netball/Penalty Kick	Mini Stadium Sports Complex 2	/	/	/	/	
13 April 2021 (Tuesday)	<b>BEGINNING OF RAMADHAN 1442H</b>							

Index:

	Programmes by BHEPPA
	Programmes by the Sports & Recreation Unit

Updated on:

01 March 2021

6.00pm