

START YOUR IMPOSSIBLE



Conduct of Course SUMMARY REPORT “Fitness & Exercise For Person With Disabilities – Train The Trainer”

By



31 May 2022

1. Introduction

Paralympic Council of Malaysia (PCM) in collaboration with Department of Social Welfare (Jabatan Kebajikan Masyarakat-JKM) and UMW Toyota Motors Sdn Bhd under its “**Start Your Impossible**” banner, held a Toyota OutReach Trainers For Change program called – “Fitness & Exercise For Person With Disabilities – Train The Trainer”. This was the last of the 3-series project planned under the sponsorship by UMW Toyota Motors.

2. Aim

To train community-based rehabilitation center (Pusat Pemulihan Dalam Komuniti-PDK) trainers with skills to handle persons with disabilities about fitness exercises and to identify sports talents. This is part of a strategy of PCM for Paralympic Movement – i.e : To Facilitate Inclusivity of WeThe15 Community and To Conduct Talent Identification Program.

3. Program Content

The Training Package was developed based on the National Occupational Skill Standards developed by Human Resource Ministry Malaysia to meet the requirements for the award of Sijil Kemahiran Malaysia (SKM) Tahap 3. The training package includes:

- a. **Lectures.** Lectures on Paralympic Movement, Basic Sports Sciences (Anatomy & Physiology; Biomechanics & Motor Learning; Psychological & Injury Prevention), Training Methodology; FITT – Frequency, Intensity, Time & Type) Training Principles; Talent Identification; & Fitness Tests in Sports Disabilities, were delivered.
- b. **Practical.** Practical activities that include stretching, strength and endurance as well as sports demonstrations such as goalball, sitting volleyball, para badminton, athletic track and field were included.
- c. **Assessment.** Evaluation of Attitude, Skills & Knowledge were attained via a written examination and practical demonstration of skills standards.

4. Program Details

Duration	22 – 27 May 2022			
Venue	Stadium UNIMAS Universiti Malaysia Sarawak (UNIMAS) 94300 Kota Samarahan, Sarawak			
Personnel Involved	Participants	Facilitators	Coaches	Secretariat
	40	6	3	3
Opening – 22 May	Pn Hafidzah Binti Abd. Khafidz – VP PCM & Project Leader			
Closing – 27 May	Dato’ Subramaniam Raman – Secretary-General PCM			
Publicity	Social Media / Youtube / PCM Website			

5. Course Modules

TARIKH/HARI/ MASA	8:00 pg 10:00 pg	10:00pg 10:30 pg	10:30 pg 12:30 teh	12:30 teh 2:00 ptg	2:00 ptg 4:00 ptg	4:00 ptg 4:30 ptg	4:30 ptg 6:30 ptg	6:30 ptg 8:30 mlm	8:30 mlm 10:30 mlm
AHAD 22.05.2022							PENDAFTARAN PESERTA & TAKLIMAT KURSUS (H & S)	REHAT	FAE101 The Evolution of Disability Sports: Global & Malaysia (S)
ISNIN 23.05.2022	FAE102 Disability Condition (N)	REHAT	FAE107 Fitness (MAS)	REHAT	FAE114 AMALI Sitting Volleyball (Jurulatih)	REHAT	FAE114 AMALI Para Badminton (Jurulatih)	REHAT	FAE104 Safety, Health & Special Considerations (Z)
SELASA 24.05.2022	FAE105 Basic Anatomy & Physiology of Human (H)	REHAT	FAE106 Sport Psychology (Z)	REHAT	FAE114 AMALI Boccia (Jurulatih)	REHAT	FAE114 AMALI Goalball (Jurulatih)	REHAT	FAE111 First Aid Support Injury Prevention (Z)
RABU 25.05.2022	FAE108 Principle of Training (MAS)	REHAT	FAE109 Stretching Activities (H)	REHAT	FAE114 AMALI Track Event (Jurulatih)	REHAT	FAE114 AMALI Field Event (Jurulatih)	REHAT	FAE110 Strength & Endurance Activities (MAS)
KHAMIS 26.05.2022	FAE103 Introduction To Classification In Para Sports (H)	REHAT	FAE112 Exercise Session (Microteaching) (N)	REHAT	FAE113 Games & Play (H)	REHAT	REHAT	REHAT	REHAT
JUMAAT 27.05.2022	PENILAIAN AKHIR	REHAT	MAJLIS PENUTUPAN	MAKAN TENGAHARI / BERSURAI / TAMAT					

6. Links

1	22-27 May 2022	Program Updates – Photos & Videos In Google Drive By Dates & Social Media Links
		https://www.paralympic.org.my/ToyotaOutReach.html
2	28 May 2022	https://www.facebook.com/422590604585371/posts/2061200670724348/?d=n
		https://fb.watch/dk2MNCRvMe/
		https://fb.watch/dk2PrImvAJ/
		https://www.instagram.com/p/CeFzbOCL0gu/?igshid=YmMyMTA2M2Y=
3	31 May 2022	https://www.instagram.com/tv/CeF6D4ZFD0V/?igshid=YmMyMTA2M2Y=
		Wrap-Up Video of Entire Whole Program
		https://youtu.be/H2XkWRlqjm4
		https://fb.watch/dlrhZX6QoS/
		https://www.instagram.com/tv/CeNkQKwJ1At/?igshid=YmMyMTA2M2Y=

7. Activities
22 May 2022 – Registration & Briefing



23 May 2022 – Lectures & Practicals



24 May 2022 – Lectures & Practicals



25 May 2022 – Lectures & Practicals



26 May 2022 – Lectures & Practicals



27 May 2022 – Written Examination & Closing Ceremony



8. Summary

Course was well managed by PCM with a good support system. Logistical Support From Universiti Malaysia Sarawak (UNIMAS). Manpower Assistance From JKM Negeri Sarawak. PDK & UNIMAS Driven Participants. Outcome – Satisfied Course Participants & Stakeholders.