

START YOUR IMPOSSIBLE



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

By



31 March 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 – “Fitness & Exercise For Person With Disabilities – Train The Trainer” Program.

2. Aim

To train community-based rehabilitation center (Pusat Pemulihan Dalam Komuniti-PDK) trainers and Special Education Unit of Kedah State Education Department teachers with skills to handle children of different disabilities about fitness exercises and to identify sports talents. This is part of a strategy of PCM for Talent Identification Program.

3. Program Content

- 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.
- b. **Practicals.** Practical activities that include stretching, strength and endurance as well as level sports demonstrations such as goalball, sitting volleyball, para badminton, athletic track and field were taught.
- c. **Assessment.** Evaluation of Attitude, Skills & Knowledge attained.

4. Program Details

| | | | | |
|---------------------------|---|---------------------|----------------|--------------------|
| Duration | 20 – 25 March 2022 | | | |
| Venue | Kompleks Belia Dan Sukan Negeri Kedah Jalan Stadium, 05100 Alor Setar, Kedah | | | |
| Personnel Involved | Participants | Facilitators | Coaches | Secretariat |
| | 21 | 6 | 3 | 3 |
| Briefing – 20 Mar | Dato’ Subramaniam Raman – Secretary-General PCM | | | |
| Closing – 25 Mar | Puan Hafidzah Binti Abd. Khafidz – Vice President PCM (Technical) & Project Leader | | | |
| Publicity | Social Media / Youtube / PCM Website | | | |

5. Future Plans

| | |
|------------------------|-------------------------------------|
| Future Programs | Kuching – SARAWAK |
| | 22 – 27 May 2022 (Tentative) |

6. Course Modules

| TARIKH/HARI/ MASA | 8:00 pg 10:00 pg | 10:00pg 10:30 pg | 10:30 pg 12:30 tgh | 12:30 tgh 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 20.03.2022 | | | | | | | PENDAFTARAN PESERTA & TAKLIMAT KURSUS (H) | REHAT | FAE101 The Evolution of Disability Sports: Global & Malaysia (S) |
| ISNIN 21.03.2022 | FAE114 AMALI Goalball (Jurulatih) | REHAT | FAE102 Disability Condition (N) | REHAT | FAE103 Introduction To Classification In Para Sports (H) | REHAT | FAE114 AMALI Track Event (N) | REHAT | FAE113 Games & Play (H) |
| SELASA 22.03.2022 | FAE114 AMALI Field Event (N) | REHAT | FAE109 Stretching Activities (H) | REHAT | FAE114 AMALI Para Badminton (Jurulatih) | REHAT | FAE114 AMALI Field Event (N) | REHAT | FAE112 Exercise Session (Microteaching) (NIK) |
| RABU 23.03.2022 | FAE107 Fitness (NIK) | REHAT | FAE114 AMALI Sitting Volleyball (Jurulatih) | REHAT | FAE105 Basic Anatomy & Physiology of Human (H) | REHAT | FAE110 Strength & Endurance Activities (MAS) | REHAT | FAE108 Principles of Training (MAS) |
| KHAMIS 24.03.2022 | FAE106 Sport Psychology (MAS) | REHAT | FAE104 Safety, Health & Special Considerations (NIK) | REHAT | FAE111 First Aid Support Injury Prevention (MAS) | REHAT | REHAT | REHAT | REHAT |
| JUMAAT 25.03.2022 | PENILAIAN AKHIR | REHAT | MAJLIS PENUTUPAN | MAKAN TENGAHARI / BERSURAI / TAMAT | | | | | |

7. Links

| | | |
|---|----------------|---|
| 1 | 20-25 Mar 2022 | Program Updates – Photos & Videos In Google Drive By Dates & Social Media Links |
| | | https://www.paralympic.org.my/ToyotaOutReach.html |
| 2 | 31 Mar 2022 | Wrap-Up Video of Entire Whole Program |
| | | https://www.instagram.com/tv/CbwLT62INug/?utm_medium=copy_link |
| | | https://fb.watch/c4SPd8Mj7g/ |
| | | https://youtu.be/n1vSRUubGzM |

8. Activities

20 March 2022 – Registration & Briefing & Beginning of the Course



21 March 2022 – Lectures & Practicals



22 March 2022 – Lectures & Practicals



23 March 2022 – Lectures & Practicals



24 March 2022 – Lectures & Practicals



25 March 2022 – Assessment, Examination, Closing Ceremony



9. Summary

Well-managed Course By PCM. Good Logistical Support From Jabatan Belia dan Sukan Negeri Kedah. Manpower Assistance From MSN. JKM & JPK Kedah Driven Participants. Outcome – Satisfied Course Participants & Stakeholders.