

START YOUR IMPOSSIBLE



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

By



14 February 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 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, boccia, para badminton, athletic track and field.
- c. **Assessment.** Evaluation of Attitude, Skills & Knowledge attained.

4. Program Details

Duration	6 – 11 February 2022			
Venue	Dewan Serbaguna Kolej Angsana, UiTM Puncak Alam Universiti Teknologi MARA Kampus Puncak Alam Jalan Meru Tambahan, 41050 Kuala Selangor, Selangor			
Personnel Involved	Participants	Facilitators	Coaches	Secretariat
	24	6	4	3
Launching – 7 Feb	YH Dato Sri Megat D Shahrman Bin Dato Zaharudin – President PCM			
Closing – 11 Feb	Ms Noor Syahieda Mat Shah – Vice President PCM (Women Affairs)			
Media Attendance	TV3, RTM, Astro Arena, Bernama & Bernama TV			
Publicity	Social Media / Youtube / Newslinks / PCM Website			

5. Future Plans

Future Programs	Alor Star – KEDAH	Kuching – SARAWAK
	6 – 11 March	To Be Decided

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 06.02.2022							PENDAFTARAN PESERTA & TAKLIMAT KURSUS	REHAT	FAE101 Evolution of Disability Sports: Global & Malaysia (N)
ISNIN 07.02.2022	MAJLIS PERASMIAN (9.00 -10.00 pg)	REHAT	FAE102 Disability Condition (N)	REHAT	FAE103 Introduction To Classification In Para Sports (H)	REHAT	FAE114 AMALI Goalball (Z)	REHAT	FAE111 First Aid Support & Injury Prevention (Z)
SELASA 08.02.2022	FAE105 Basic Anatomy & Physiology of Human (H)	REHAT	FAE106 Sport Psychology (Z)	REHAT	FAE114 AMALI Sitting Volleyball (NIK/H)	REHAT	FAE114 AMALI Boccia (MAS)	REHAT	FAE107 Fitness (NIK)
RABU 09.02.2022	FAE108 Principles of Training (MAS)	REHAT	FAE109 Stretching Activities (H)	REHAT	FAE114 AMALI Track Event (N/Z)	REHAT	FAE114 AMALI Field Event (N/NIK)	REHAT	FAE110 Strength & Endurance Activities (MAS)
KHAMIS 10.02.2022	FAE104 Safety, Health & Special Considerations (NIK)	REHAT	FAE112 Exercise Session (Microteaching) (N)	REHAT	FAE113 Games & Play (H)	REHAT	FAE114 AMALI Para Badminton (NIK/MAS)	REHAT	REHAT
JUMAAT 11.02.2022	PENILAIAN	REHAT	MAJLIS PENUTUPAN	BERSURAI/ TAMAT					

7. Links

1	7 Feb 2022	Opening Ceremony
		https://www.facebook.com/422590604585371/posts/1979583148886101/?d=n
		https://www.bernama.com/en/sports/news.php?id=2049920
		https://www.facebook.com/422590604585371/posts/1979627308881685/?d=n
2	8 Feb 2022	https://www.instagram.com/p/CZreLB_Jta5/?utm_source=ig_web_copy_link
		https://www.facebook.com/422590604585371/posts/1980227085488374/?d=n
3	9 Feb 2022	Wrap-Up Video of Opening Ceremony, Lectures & Practicals on 7 Feb 2022
		https://fb.watch/b9AvwMcZen/
4	12 Feb 2022	https://youtu.be/oARIBINw2mY
		https://www.instagram.com/tv/CZ15G8yl4I0/?utm_source=ig_web_copy_link
		Wrap-Up Video of Entire Whole Program
		https://www.facebook.com/422590604585371/posts/1982805708563845/?d=n
5	13 Feb 2022	https://youtu.be/P890FQ4-phU
		https://www.instagram.com/tv/CZ3b5D2FdqR/?utm_medium=copy_link
6	6-11 Feb 2022	Program Updates – Photos, Videos In Google Drive & YouTube By Dates
		https://paralympic.org.my/events.html#content14-kp

8. Activities

6 February 2022 – Registration & Briefing & Beginning of the Course



7 February 2022 – Opening Ceremony, Lectures & Practical



8 February 2022 – Lectures & Practicals



The collage consists of 15 photographs arranged in a grid-like fashion, separated by orange borders. The photos depict various scenes from the 'Reach Your Impossible' seminar:

- Top Left:** A man in a blue cap and a colorful 'MALAYSIA WITA JUBAH 2017' t-shirt is speaking into a microphone at a podium. A whiteboard is visible behind him.
- Top Right:** A man in a blue cap and a colorful t-shirt is speaking into a microphone, facing a large audience seated at long tables in a hall.
- Second Row, Left:** A group of people, including men and women in various attire, are standing in a line on a grassy field in front of a large building.
- Second Row, Right:** A group of women wearing hijabs and colorful scarves are standing in a line, some with their eyes covered.
- Third Row:** A series of eight small photographs showing different groups of people participating in activities on a grassy field. Some are stretching, some are in a line, and some are interacting.
- Fourth Row, Left:** A man in a red polo shirt is speaking to a group of people seated at tables. A presentation screen in the background displays the text 'KAEDAH LATIHAN' and 'START YOUR IMPOSSIBLE'.
- Fourth Row, Right:** A group of people are standing in a line on a wooden floor, possibly participating in a game or activity.
- Fifth Row, Left:** A large group of people, including men and women, are posing for a group photo. Some are holding signs that say 'REACH YOUR IMPOSSIBLE'.
- Fifth Row, Right:** A man in a blue and black t-shirt is blindfolded and holding a long wooden stick, aiming it towards a target. A group of people are standing behind him, watching.



10 February 2022 – Lectures & Practicals



11 February 2022 – Assessment, Examination, Closing Ceremony



9. Summary

Well-managed Pilot Course By PCM. Good Logistical Support From UiTM. Manpower Assistance From MSN. JKM Driven Participants. Outcome – Satisfied Course Participants & Stakeholders.