

UMS-IAAF Kids' Athletic Helps Athletics Development Among Primary Schools in Sabah

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FRIDAY, 07 MARCH – A total of 61 undergraduates from the Sports Science Course, School of Education and Social Development (SPPS), Universiti Malaysia Sabah (UMS) were involved in a UMS-International Association of Athletics Federation (IAAF) Kids' Athletics at Sekolah Kebangsaan Likas, Kota Kinabalu recently.

The programme was held in collaboration with the Malaysian Athletics Union with the aim to help primary school identify and train more athletes in the track and field events.

According to the Chairman of the programme, Dr Mohamad Nizam Nazarudin; activities carried out were based on the element of fun, filled with various track and field events.

“All basic movements such as running, jumping and throwing were done in a laid-back atmosphere based on light physical exercises to ensure that it is easy for the primary school children,” he said.

A lecturer of Sports Science at SPPS, Dr Mohamad said that the programmes received encouraging response and would continue to be held at other schools in the hope of uncovering more athletes in track and field events.

“Among the events held were Sprint/Hurdles, Shuttle Relay, Forward Squat Jumps, Speed Ladder, Long Jump with a Pole, Cross Hop and Knee Throw & Overhead Backward Throw,” he added.

40 students took part in the programme who were between the ages of 7-12 and was supervised by experts in the field of athletics. Among them were the Vice-President of the Malaysian Athletics Union, K. Yogasveran; IAAF Academy Diploma Coach, S. Anbarassuu; Penang Sports Council (MSN) Coach, Simon Lau Chin Meng; National Athletics Coach, Raymie A. Bakar and former Young Athletes Development Programme Coordinator (MSN), Pathmanathan K. Suppiah. – *SS (fl)*

Source: SPPS

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