

UMS Physical Fitness Rehabilitation Centre to boost Sabah athletes' devt

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KOTA KINABALU: The setting up of Universiti Malaysia Sabah (UMS) Physical Fitness Rehabilitation Centre (PFRC) will contribute to the development of local athletes and the intellectually disabled through physical fitness programmes.

UMS Deputy Vice-Chancellor (Research and Innovation) Prof. Dr. Shahril Yusof said technology has become an important asset in today's sports as opposed to the traditional methods of vigorous trainings.

Hence, he said, it is hopeful that PFRC would enable UMS specialties and facilities to contribute in developing local athletes and subsequently elevating Sabah position in sports.

"We have Sports Science experts but if we could not translate their specialties to benefit particularly Sabah athletes, this would mean nothing.

"In today's world of sports, we see more technology being applied so if we continue to train our athletes with old techniques, we might not see them compete on the international level," he said.

To push local athletes to win medals, he said, they need to be trained and corrected; it was one of the reasons why UMS came up with PFRC in order to support Sabah into succeeding in sports.

"Sabah brought fear to other teams back in the 80s; we need to bring back this glory and with the involvement of UMS and FPP, I believe this can be achieved," he said during the launching of PFRC at UMS Faculty of Psychology and Education (FPP) here yesterday.

The ceremony also marked the launching of Fitness Achiever for Intellectually Disabled programme aimed at providing rehabilitation for hyperactive and autistic children, among others, through physical exercise.

Being a father of an intellectually disabled child himself, Shahril pointed out



Shahril (fourth left) cutting a ribbon to launch the PFRC gymnasium together with Dahlan (third right) and distinguished guests.

the importance of physical programme for the children to promote their health condition.

"Exercise is another way to treat this group of kids and thank God, FPP has managed to create this programme and if this continues to grow, we could perhaps open up centres in every district in Sabah to help treat these children.

"This is an area that should be put forward; it is a contribution by us as a public institution to the State.

"We should no longer rely on teaching and learning only but also think of how UMS could contribute to the society especially Sabah, to develop our State," he said.

Also present were dean of FPP, Prof. Dr. Mohd. Dahlan A. Malek, dean of Faculty of Humanities, Arts and Heritage Prof. Dr. Ismail Ibrahim, chairman of

CHILD Sabah Association Alan Baxter and chairman of Special Olympics Sabah Lam Saw Yin.

Dr. Dahlan in his speech earlier noted that PFRC had organised a performance evaluation programme for Sabah SUKMA (Malaysian Games) athletics and cycling athletes through its Human Performance Laboratory since Feb this year.

It was held to enhance their competence upon participating in the coming SUKMA in Perak.

"PFRC is also the foundation of Fitness Achiever for Intellectually Disabled that focused on physical exercise for children with autism and Down's syndrome among others.

"These programmes managed by PFRC Physiology Clinic have made PFRC gymnasium as an inclusive gymnasium, the first in Borneo," he said.