



Coach Fiji briefing the students on gym protocols.

50 students join UMS' Gym instructor course

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KOTA KINABALU: About 50 students from the sport science programme at Universiti Malaysia Sabah (UMS) joined the first level Gym instructor course which took place at the school of education and social development.

The course was conducted by Fiji Low Wei Hoong, a certified coach from Ace American Council on Exercise with the help of two assistants Mohammad Faizal Adpal and Mohd Fakhri Omar.

According to Low, the instructor course is not only for those who would like to serve clients, but also for those who would like to impart knowledge regarding gym facilities and overall physical health.

Meanwhile, the project leader, Dr. Mohammad Nizam Nazarudin said the idea of the course came about when studies show that there are high demands for personal health/exercise coaches and sudden increase in the openings of health centres.

In relation to this, the TC30003 course

under Pathmanathan K. Suppiah is capable of giving chances to sports science majors to be informed about the usage of gym equipment. This also includes acquiring knowledge on applying what they have learned.

"I hope the gym course will be conducted in stages to give a balance and boost in one's skills especially those involved in sports sciences. The same goes for those who intend to become coaches after graduation."

A participant who is an international student from Brunei, Hj Yaardy Hj Karim, said that the course has given a lot of benefits to him.

"It adds value to our Sport Science course at UMS. This also indirectly helps prevent injuries on a person's body."

"Apart from theory, the course also contains a practical module and writing test. In fact, participants are given a chance to visit the gym which enables them to undergo practical sessions."