



Perfect exposure: The participants with their certificates after the completion of the Level One Sports Science course.

Sports Science course for national athletes

THE Universiti Putra Malaysia (UPM) Sports Academy, with support from the Education Ministry and National Sports Council (NSC), organised a Level One Sports Science course, recently.

The three-day programme was for current and former national sportsmen and sports-women, who are pursuing their under-graduate and post graduate studies in local universities.

UPM Sports academy director Dr S. Shamala said the course was initiated with two objectives.

"The first was to ensure that athletes were exposed and enriched with sports science knowledge during their sporting career. This enables them to critically analyse and rationalise their respective training programmes while being able to elevate the necessary elements.

"The second objective was to structure a system whereby national athletes acquire their certification both sports science and sports specific while being an athlete. This will allow athletes to be absorbed into the coaching and management structure after their retirement.

Athletes need not complete their coaching licensing efforts after retirement and wait for a number of years before being fully certified," said Dr. Shamala.

The Elite athletes were L. Kunasilan, Loh Jack Chang, Koo Chee Zhong, Lee Yang, K. Teagarajan, K. Ganthimathi, Wan Mohd Khalmizan Wan Abdul Aziz, Diana Bong Siong Lin, Siti Syazwan Ahmad Suhaimi and Sharifah Inani Najwa Syed Anuar. Besides the Elite athletes, several others, who had been trainees in the national back-up squads, were also part of the programme.

Shamala, a former hockey international, said they were pleased with the interest shown by the participants.

"We had briefed them on the opportunities available in coaching and administration. Being former athletes, they would be able to graduate as coaches in their respective sports.

"Many had expressed their wish to become coaches.

"They will be encouraged to attend the Level Two and, eventually, the Level Three course in the coming years," said Shamala.