



## Special Olympics FIT5 Virtual Home Fitness

11 September 2021



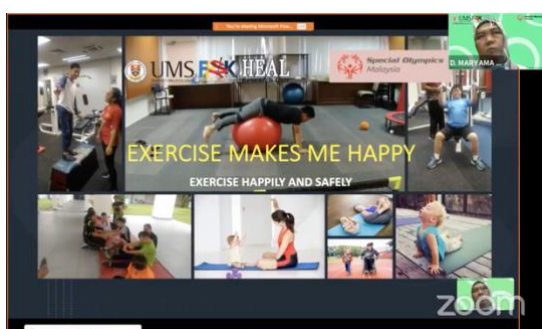
Special Olympics Malaysia in collaboration with the HEAL Research Unit of University Malaysia Sabah, has organized a series of FIT5 home fitness exercises that run from August 2021 until December 2021. This series of online course covers Level 1 to Level 5 of FIT5 exercises.

The series of online training started its level 1 course on the Saturday, 14th August 2021. The course is conducted by Dr. D Maryama Binti Ag Daud and her team of volunteers. Dr. Maryama is a Fitness Coach of Special Olympics Asia Pacific and is in the Global Fitness Taskforce of Special Olympics International. She is also a FunFitness Clinical Director of Special Olympics Malaysia.

The objective of this Course is to encourage home fitness - for our athletes and their family members to keep fit while they practice Stay Home and Stay Safe SOPs during this period of lockdown due to the COVID-19 pandemic. In the process of learning the exercises, participants who are interested to become Special Olympics FIT5 Home Fitness Community Coach, can submit video recordings of the practice exercises learned at each level to the Trainer for Assessment.

Upon successful assessment by the instructor, an e-Certificate will be issued to the participant allowing them to coach our athletes at community level at state program.

FIT5 Level 2 has just commenced on 11 September 2021 after a break of one week.



### Special Olympics Malaysia

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## About Special Olympics Malaysia

Special Olympics Malaysia is the accredited by Special Olympics International as a National Program for the Special Olympics Movement in Malaysia.

Special Olympics is a global movement of people creating a new world of inclusion and community, where every single person is accepted and welcomed, regardless of ability or disability. We are helping to make the world a better, healthier, and more joyful place—one athlete, one volunteer, one family member at a time.

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

## About HEAL, University of Malaysia

The Health Through Exercise and Active Living Research Unit, HEAL, is the premier exercise research facility in Sabah and is located at the Faculty of Medicine and Health Sciences, University of Malaysia Sabah (UMS) in the Department of Biomedical Sciences. Heal Research Unit features prominent research faculty who bring diverse experiences and perspectives to the field of Exercise Medicine and Exercise Physiology. With the vision of "LINKING BASIC EXERCISE SCIENCE WITH HEALTH AND PHYSICAL PERFORMANCE", the unit aims to be a leader in exercise science, educate the next generation of exercise scientists, and serve the community. HEAL's mission is to act as a multidisciplinary entity to initiate and conduct research focused on health, exercise, and performance. Partnering with Special Olympics Malaysia in organizing VIRTUAL FITNESS is part of the mission to provide outreach programs for specific groups, with an emphasis on collaborative and collaborative programs with state and regional agencies.