General

UMPSA organises Level 1 Swimming Coach and Water Rescue Programme

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SHAH ALAM, 25 September 2023 - The Faculty of Mechanical and Automotive Engineering Technology (FTKMA), Universiti Malaysia Pahang Al-Sultan Abdullah (UMPSA) in collaboration with Aquasplash Academy recently organised a Level 1 Swimming Coach and Water Rescue programme.

The six-day programme under the Ministry of Higher Education-Professional Certification (KPT-PACE) was held in Glenmarie, Shah Alam, Selangor.

A total of 90 students from 15 institutions consisting of higher education institutions (IPT), Polytechnics and Community Colleges participated in the programme.



The programme was organised to provide added value to graduates in addition to improving the standard of swimming and water safety training while providing exposure to career potential in this field.

The Level 1 Swimming Coach Programme is a swimming training programme implemented for individuals who want to learn the basics of swimming.

The programme teaches basic swimming techniques, deep water breathing, footwork, hand movements and diving techniques.

Meanwhile, the Water Rescue Programme is a skill that cannot be ignored because every year, many accidents occur in swimming pools, lakes, beaches, the sea, and others.

Through a series of trainings conducted, the participants were able to learn the techniques of prevention of drowning, assistance to other victims, and personal safety.

Moreover, it is able to foster awareness of the importance of safety in water.

Swimming and rescue-related programmes or courses need to be done and even improved so that they can provide awareness about the importance of safety in the water and the right techniques to reduce drowning deaths in the country.

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