

TOWARDS AN INCLUSIVE SOCIETY THROUGH SPORTS

INCLUSIVE SPORT CONFERENCE 2021

DATE & TIME
16 TO 18 MARCH 2021
9AM - 5PM



Host



Co-host



TOWARDS AN INCLUSIVE SOCIETY THROUGH SPORTS

INCLUSIVE
SPORT
CONFERENCE
2021

Hangout with Athletes (Physical Impairment)



CONTENT AND ATHLETE SPEAKER

- Introduction to SDSC
- Sports available at SDSC
- Athlete Introduction
- Q and A

INTRODUCTION TO SDSC

- SDSC was set up in **1973** to champion sport accessibility for persons with disability (PWDs) to realise their potential
- We believe in the dignity, capability and value of PWDs.
- We enable Singapore's PWDs to excel in sports both **recreationally** and **competitively**.
- Only organisation in Singapore that reaches across **all disability groups**



MISSION & GOALS

Transforming the lives of Persons with Disabilities (PWDs) through sport

- 1. Influence national initiatives and policies to introduce** recreational sports and activities; promote mental and physical benefits of sports
- 2. Provide guidance for organisations, clubs and groups to** become inclusive to PWDs and improve access to para sports
- 3. Promote education and host national programmes to enable** PWDs to train, participate and excel in sports at local, regional and international competitions



BENEFITS OF SPORTS

- Help the community to meet other individuals of like interests and situations
- Teach independence as well as teamwork
- Promote a focus on the abilities rather than on disabilities
- Open up exciting opportunities and challenges
- Support and help the socialisation of PWD and social inclusion
- Contribute to the cognitive, mental and emotional development of PWD

PARA SPORTS

Types of Disabilities

Physical

Amputee

Cerebral Palsy

Spinal Bifida /
Injury

Muscular
Dystrophy

Short Stature

Others Eg: W/C
users, loss of
power in limbs etc

Intellectual

IQ Level
below 75

Autism /
Down
Syndrome

Sensory

Visually
Impaired

Deaf / Hard
of hearing

PARA SPORTS



* Athletics
* Swimming
Cycling
* Boccia
* Tenpin Bowling
Table Tennis
* Equestrian
* Archery
* Badminton
Deaf Sport

Goalball
Shooting
Powerlifting
Cerebral Palsy
Football
Lawn Bowls

Sailing
WC Basketball
VI Football
WC Tennis
WC Rugby
Chess
Powerchair
Football
Adapted Climbing
Dragonboating
Rowing
(2019) Visually
Impaired Shooting
(2019) WC
Fencing

*** 10 full-time scholars across 7 sports**

PHYSICAL IMPAIRMENT AKA P.I.

List of sports:

1. Athletics (Track, Field, Wheelchair Racing)
2. Archery
3. Badminton (Standing, Wheelchair)
4. Boccia
5. Equestrian
6. Cycling (Track, Road)
7. CP Football
8. Lawn Bowls
9. Powerlifting
10. Shooting
11. Sailing
12. Swimming
13. Table Tennis (Standing, Wheelchair)
14. Tenpin Bowling (Standing, Wheelchair)
15. Wheelchair Basketball
16. Wheelchair Tennis
17. Wheelchair Rugby

Wide range of Sports available for PI

PATHWAY DEVELOPMENT



- Awareness & Outreach
- Build up their interest in sports

- Learn to play
- Exposure to different sports

- Specialization in a sport
- Learn to compete

PAST MAJOR GAMES AND EVENTS BY SDSC



Singapore National Para Games (SNPG) 2018 - Para Cycling



National Boccia Championship 2019



Micron Foundation Singapore World Para Bowling Tour Series 2018



**INDONESIA
2018
ASIAN
PARA
GAMES**

WELCOME OUR GUEST

Nur'Aini Binte Mohamad Yasli

ATHLETE'S PROFILE



Nur'Aini Binte Mohamad Yasli

Age: 29

Number of years in the sports: 4

Disability: Multiple epiphyseal dysplasia resulted to short stature

Hobbies: Kite flying, reading, cooking, exploring new places

Fun Fact: Have not heard of powerlifting and have not done any form of heavy lifting prior to joining the sports.

Your journey: Accidental journey started out when Kalai invited me to a trial. I was supposed to just watch the trial but they convinced me to try and i lifted 35kg. That's when I started learning about powerlifting.

Achievements:

Nur-Sultan 2019 World Para Powerlifting Championship – 13th

10th Fazza Dubai 2019 World Para Powerlifting World Cup, Women's U45Kg – 5th

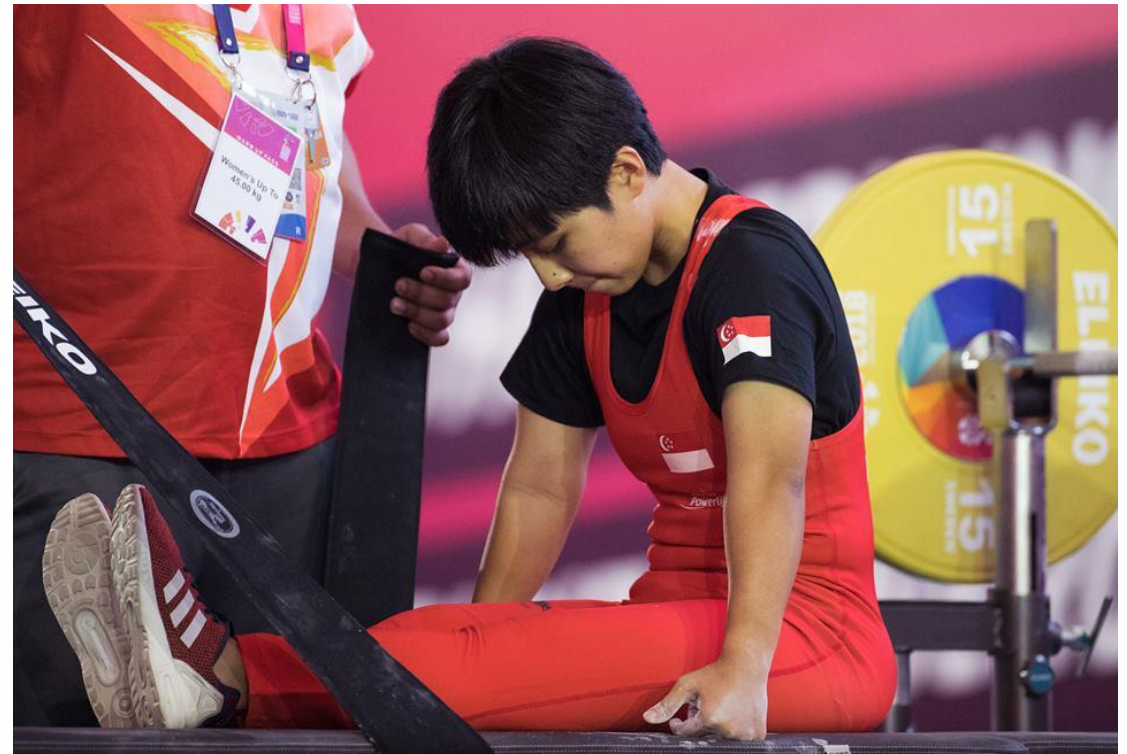
2018 Asian Para Games, Women's U45Kg – 4th

Kitakyushu 2018 World Para Powerlifting Asia-Oceania Open Championships – 6th 9th Fazza

Dubai 2018 World Para Powerlifting World Cup, Women's U45Kg – Bronze

2017 ASEAN Para Games, Women's U45Kg – 5th

PICTURES OF AINI



PICTURES OF AINI



**We have come to the end of the sharing.
Thank you!**