

PHYSICAL LEISURE - “Adaptive Sports Training” **(Free in 2026!)**



Photo credit: Sport Singapore

Adaptive sports are sporting activities that have been modified to enable players of differing abilities to actively participate. In addition to improving health and fitness, sports instil a sense of achievement, boost mood and wellbeing. It also complements rehabilitation, keeping different muscle groups in action while providing an engaging variety of ways to be active.

Adaptive sports can be played recreationally or competitively and are excellent for clients who use wheelchairs, or for those who experience physical and cognitive challenges, to stay active and socially engaged. It also enables clients who have been active all their lives to continue in sporting activities they enjoy.

The toolkit and workshop, co-developed by AIC and Sport Singapore, SportCares, will enable Community Care staff and volunteers **to learn through hands-on practice on how to facilitate Adaptive Sports sessions.**

Course Fees

Free for Community Care staff and volunteers (subject to availability).

A minimum sign-up of 2 staff per community care organisation is required.

Course Dates



<https://for.sg/m80718>

Scan this with a QR code reader to find out more on available course dates and register your interest

How can I find out more?

Please contact us at cognitive@aic.sg.
Active Ageing Division; Agency for Integrated Care