



THE PROPRIOCEPTION

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VOL 6, MAY '23

WHAT IS PROPRIOCEPTION?

Hello student PTs! Welcome back to Volume 7 of The Proprioception, a trimesterly newsletter aimed at bringing the latest happenings (within the last trimester :P) to the attention of the SIT Physiotherapy (PT) student body! This was an initiative spearheaded by the 29th Singapore Physiotherapy Association Student Council (SPASC) Publicity Team, and this volume was written by the 31st SPASC Publicity Team! If you enjoyed reading this volume, do feel free to check out the other volumes in the Linktr.ee/ask.spasc!

ACTIVE AGEING ADVOCATES 2023

The Active Ageing Advocates 2023 Health Screening is an initiative by Yong Loo Lin School of Medicine on behavioural change and preventive health, catering to participants aged above 50. Held on 11th and 12th March at Toa Payoh South Community Centre, the aim of the screening was to advocate for higher physical activity levels and lower sedentary behaviour. The Active Ageing Advocates partnered with the Singapore Physiotherapy Association Student Council to screen for musculoskeletal health. Participants were screened on outcomes such as osteoporosis risk, sarcopenia risk and musculoskeletal health.



THE SAME SAME BUT DIFFERENT SMC & SPASC

Hello everyone! Welcome to this very special segment where we would like to introduce you the different committees that serve the entire SIT Physiotherapy student body. In essence, there are two student committees that serve the student body and they have different goals and purposes in mind. They are the Student Management Committee and the Singapore Physiotherapy Association Student Council (SPASC). We hope that through this article, you will be able to understand the two distinct committees and approach them for your respective needs as a PT student!

This segment was done in collaboration with SMC Publicity and we would like to thank you for their input. Without further ado, let us introduce the SMC & SPASC:

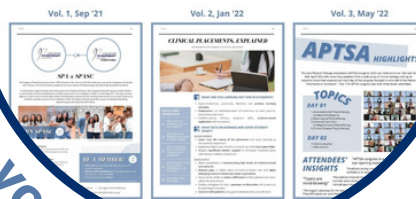
PHYSIOTHERAPY SMC

- We are a committee that is a student body representative of the Student Life & SIT Physiotherapy Association.
- We serve all SIT Physiotherapy students, who are currently enrolled in the program.
- Our goal is to enrich all students' lives and in the process, to improve the student body.

VOL 5, JAN '23

INTRODUCTION TO PROPRIOCEPTION V4.

Hello student PTs! Welcome back to Volume 4 of The Proprioception, a trimesterly newsletter aimed at bringing the latest happenings (within the last trimester :P) to the attention of the SIT Physiotherapy (PT) student body! This was an initiative spearheaded by the 29th Singapore Physiotherapy Association Student Council (SPASC) Publicity Team, and this volume was written by the 30th SPASC Publicity Team! If you enjoyed reading this volume, do feel free to check out the other volumes in the Linktr.ee/ask.spasc!



VOL 4, OCT'22

Curious about opportunities to interact with working or student PTs? Join us as a member of SPA to get the news first, as well as access to seminars and research databases.

Click here!

BE A MEMBER

- **Full access** to many Physiotherapy resources and research databases.
- **Exclusive discounted prices** for courses, webinars and conferences -- some even **free**.
- One time payment for **4 years***.

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Why you should join SPASC



CLOSELY-KNIT COMMUNITY WITHIN SPASC



WORK CLOSELY WITH REGISTERED PHYSIOTHERAPISTS FROM THE SINGAPORE PHYSIOTHERAPY ASSOCIATION



BE LEADERS THAT ORGANISE SPA EVENTS, EXTERNAL VOLUNTEERING OPPORTUNITIES AND ADHOC EVENTS



EXPAND YOUR PROFESSIONAL NETWORK AS YOU GET TO MEET PRACTISING PHYSIOTHERAPISTS AND HEALTHCARE PROFESSIONALS ACROSS DISCIPLINES

2ND WINDOW OF 32ND SPASC RECRUITMENT IS NOW OPEN!

Click [here](#) to sign up now!

PUBLIC HEALTH SERVICE 2023

The Public Health Service (PHS), spearheaded by NUS Yong Loo Lin School of Medicine, aims to promote health in the local community through health screenings and educational booths conducted from different healthcare disciplines. The PHS event was held at the Canopy @J-Link on 26 & 27 August 2023. Similar to last year, SPA had the privilege to be one of the partners of this event and the SPA Student Council was involved in supporting the geriatrics screening programme.



The role of Physiotherapy in this segment was to assess participants' fall risk via the Physical Activity Questionnaire and Physical Test Stations. Additionally, physiotherapists also advised active behavior for the participants. As such, opportunities were given for student physiotherapists to perform assessments like the Short Physical Performance Battery (SPPB) test, interact with the attendees, and even observe professional PTs conduct consultation sessions!



What was a little different this year was the inclusion of a Mass Exercise segment on 27 August planned and executed by members from the SPA Student Council. Simple, bite-sized exercises were taught to the public with the aim of promoting exercise habits in people, even within the comforts of their homes!



WPTD 2023

WORLD PHYSIOTHERAPY DAY

This year's World Physiotherapy Day celebrations at SIT was organised by the SPA Student Council and on a much larger scale than before! It was an honour for SPASC to partner with SIT Physiotherapy SMC to host the event in the SIT @ Dover campus! This year's theme was 'Arthritis', and the aim of the event held was to spread awareness of the condition and the role of physiotherapy in managing their conditions!



The celebration started with an opening speech by President of Allied Health Professional Council, Professor Alan Wong Wai Pong.



The attendees were then directed to the open space at SHED, where the event officially kicked off. The area was filled with interactive stations such as a photo booth, an experimental booth, and an Arthritis quiz booth, where winners of the quiz could win prizes such as a one-of-a-kind lanyard! The first 250 people who signed up for the event were also given a goodie bag sponsored by STARBALM and a limited edition PT cap by SMC. Free ice cream and hotdogs were offered to attendees of the event too!

Overall, the attendees had a blast as it marked another year of celebrating the profession and what it stands for. The SPASC would like to thank all attendees for participating in this event and we are looking forward to next year's World Physiotherapy Day!





PEER MENTORSHIP PROGRAMME 2023

The annual Peer Mentorship Programme saw an overwhelming support of 52 mentors and close to 100 mentees joining the evening gathering on 31st August, 8th & 15th of September 2023.

This event seeks to help PT freshmen assimilate into university life through engagement with their senior mentors. The event consisted of three evening sessions held on campus. The first day involved icebreaker games which allowed mentees and mentors to get to know one another and have fun. On the second day, 3 Year 2 student speakers were invited to give sharings on their Physiotherapy journey and how they strike a balance between being a student and having other life commitments.



There was also a mini Anatomy and Physiology quiz to expose mentees earlier to Anatomy concepts and provide a time for mentors to share academic tips for content-heavy modules.



On the final night, there was a pizza party! This 3-day programme was a fulfilling experience for all as mentees were able to connect with their mentors who are able to share tips on how to cope with the stresses of student life, studying tips and even useful academic resources. Mentors also had the chance to forge bonds with their mentees and other mentors. The 31st SPASC would like to thank all mentor volunteers for making this event a huge success! This programme will return next year!

PT ESSENTIALS
DISTRIBUTION

WPTD SHIRT
COLLECTION

***UPCOMING
EVENTS***

2ND ROUND OF
32ND SPASC
RECRUITMENT



PROPRIOCEPTION

/ˌprə(ʊ)prɪəˈsepʃn/ | noun

*bringing to you timely updates on the latest happenings
in the Physiotherapy environment*

WRITTEN BY
31ST SPASC PUBLICITY TEAM

 @spa.sc  <https://t.me/SGphysiostudents>