



New Diploma to Develop Talent in Health Promotion Industry

Republic Polytechnic's New Diploma Receives Glowing Endorsement from Health Promotion Board and Council for Third Age

Singapore, 9 November 2009 – Youth obesity is a growing problem in Singapore, with a 29 percent increase in the number of youth obesity cases from 1994 to 2007. The focus of this year's National Healthy Lifestyle campaign on the dangers of obesity has highlighted the importance of keeping healthy lifestyles. This underscores the need for qualified professionals who can provide sound information in the areas of exercise, wellness and healthy lifestyle promotion.

One of Republic Polytechnic's (RP) three new diplomas, which will be introduced in the new academic year 2010, is the **Diploma in Health Management & Promotion**. The diploma will be offered by its **School of Sports, Health and Leisure** and it specifically addresses the above need. RP is also the first institution in Singapore to combine the areas of exercise, nutrition and psychology in its curriculum.

The Health Promotion Board said: "The launch of this diploma course by RP is an important milestone for health promotion education in Singapore. The basic foundation knowledge of health promotion provided by this Diploma course together with its associated competencies will put its graduates in good stead for occupations in the burgeoning health and wellness sectors."

This diploma will undertake a holistic approach to the study of health management and promotion will be adopted, targeting three key areas - youth obesity, workplace health and active ageing.

The diploma will use the three-pronged approach of exercise science, nutrition science and psychology in promoting health. Graduates will acquire the skills and knowledge needed to promote physical activity and health in the community, rehabilitation, school and corporate settings.

Dr Michael Koh, director of the School of Sports, Health and Leisure, said: "It is crucial to develop competent professionals in the health promotion industry as Singapore has one of the fastest ageing populations in Asia. The launch of this diploma is timely as it will provide a ready pool of professionals to achieve the goal of promoting healthy lifestyles amongst our young and old. RP is pleased to contribute towards the development of tomorrow's health promotion leaders and be at the forefront of research & development in this industry."

As the only institution in Singapore with a unique Problem-Based Learning pedagogy, the latest diploma from RP will offer students the advantage of acquiring the relevant skill-sets by solving problems in a collaborative team setting.

“Singapore’s population is not only rapidly ageing, older people are also getting increasingly health conscious. As such, there is potential demand for skilled professionals who can provide information and services in health and wellness, disease prevention, exercise and physical fitness that are tailored to the needs of seniors. Graduates of the Diploma in Health Management and Promotion, with its emphasis on active ageing, will be well-placed to develop services for this growing market,” said Mr Gerard Ee, Chairman of the Council for Third Age.

Upon graduation, students can look forward to jobs such as health promotion specialists, physical activity and fitness leaders, patient health educators, public health executives and health research assistants. The Diploma in Health Management & Promotion will have an initial intake of 50 students in April 2010.

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About Republic Polytechnic

The first educational institution in Singapore to adopt the Problem-Based Learning approach for all its diploma programmes, Republic Polytechnic (RP) has six schools and one centre offering thirty four courses in Information and Communications Technology, Engineering, Applied Science, Technology for the Arts, Sports, Health & Leisure, Events and Hospitality, and Culture and Communication. Republic Polytechnic is committed to nurturing innovation and entrepreneurial learning in an environment that develops problem-solving process skills and a life-long learning attitude. Its holistic, broad-based curriculum, covering culture, enterprise development and cognitive processes, prepares students for an active and meaningful role in society. Republic Polytechnic strives for excellence by achieving various international and national accreditations, including ISO9001, ISO14001, OHSAS 18001, TR19, People Developer Standards, Singapore Quality Class and Singapore Innovation Class. For more information, visit <http://www.rp.sg>