

# SkillsFuture

Earn and Learn Programme (ELP)



*leading to*  
**Diploma in Sports  
Wellness and Services**



# SKILLSFUTURE EARN AND LEARN PROGRAMME (ELP)

The ELP is one of the initiatives under SkillsFuture and it is a work-study programme designed to give fresh graduates from polytechnics and the Institute of Technical Education (ITE) a head-start in careers related to the discipline.

## Benefits of ELP

Upon Signing Up

During ELP

Upon ELP Completion



## How ELP Works

01



**You will be matched with a job related to your discipline of study**

02



**Undergo a 12- to 18-month structured training programme**

03



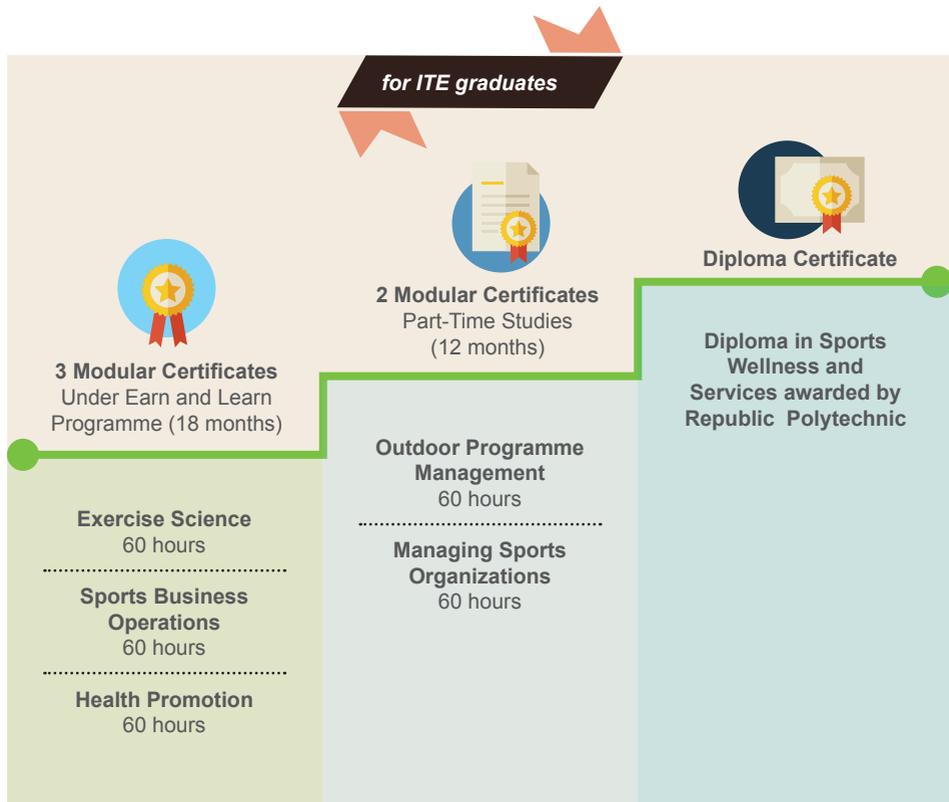
**Course completion and receive an industry-recognised certification**

<sup>1</sup> For fresh graduates who are Singapore Citizens only

<sup>2</sup> Participants can potentially receive a wage increase upon completion of programme if they perform well and take on enlarged job scopes

## SKILLSFUTURE EARN AND LEARN PROGRAMME FOR ITE GRADUATES LEADING TO DIPLOMA IN SPORTS WELLNESS AND SERVICES

This course focuses on deepening the understanding of sports sciences, sports management, health management & promotion through three modular certificates.



### Programme Eligibility

- 1) NITEC and Higher NITEC fresh graduates from relevant courses, within 1 year of their graduation or 1 year from Operationally Ready Date for National Servicemen;
- 2) Current employees with less than 5 years relevant working experience who meet the academic entry requirements.

# Part Time Diploma in Sports Wellness and Services

## Course Synopsis

Singapore is increasingly host to mega sports events, with international sports corporations setting up bases here, capitalizing on the city's status as a regional sports hub. Key industry players are using Singapore as a regional base, leveraging on its rich development opportunities and perfect position to be a key player in Asia's emerging sports industry. This course provides an integrative approach to preparing participants for a career in multi-faceted and cross-disciplinary roles in the fast evolving sports industry. It synergises expertise in sports sciences, sports management, health management & promotion in a bid to meet changing needs of savvy customers for integrated services.

Modular Certificates	Modules (60 hours each)
<b>Exercise Science</b>	<ul style="list-style-type: none"> <li>• Exercise Prescription and Assessment</li> <li>• Injury Prevention and Exercise Rehabilitation</li> <li>• Exercise Psychology</li> </ul>
<b>Sports Business Operations</b>	<ul style="list-style-type: none"> <li>• Financial Management</li> <li>• Sports Law and Risk Management</li> <li>• Sports Marketing</li> </ul>
<b>Health Promotion</b>	<ul style="list-style-type: none"> <li>• Active Ageing</li> <li>• Health Promotion and Communication</li> <li>• Weight Management</li> </ul>
<b>Outdoor Program Management (additional)</b>	<ul style="list-style-type: none"> <li>• Facilitating Outdoor Programs</li> <li>• Facilitating Environmental Programs</li> <li>• Safety and Operations Management in Outdoor Programs</li> </ul>
<b>Managing Sports Organizations (additional)</b>	<ul style="list-style-type: none"> <li>• Sports Administration</li> <li>• Facilities and Events Management</li> <li>• Sports Management</li> </ul>

### Minimum Entry Requirements:

- Relevant Higher Nitec qualification or Nitec qualification with GPA 2.0 and above
- Applicants on the ELP must be employed by a sponsoring organization as a full-time employee before enrollment.

# Modular Certificate in Exercise Science

## ▶ Exercise Prescription and Assessment

By the end of the course of study, students would be able to apply the theory and practical knowledge in exercise prescription and assessment; such as body composition, muscular, and cardiovascular fitness assessments in the sporting and fitness scenes. Students should also be able to implement appropriate and effective strength, power, and/or cardiovascular programs to achieve the goals of athletes/clients. Students should also be able to apply knowledge, skills, and attitude as the role of a trainer and/or strength and conditioning coach at the entry-level.

## ▶ Injury Prevention and Exercise Rehabilitation

The purpose of this module is to provide the student with a basic understanding of the nature of injuries in sport and in the workplace, including: causal factors, assessment, treatment, management and rehabilitation. This module will enable the student to develop injury prevention measures. The module aims to provide students with the knowledge and skills to recognize potential causes of injury and ability to devise and implement strategies to reduce risk of injury. Students will also be taught on how to facilitate the recovery of function, return to physical activity or high performance using evidence-based therapeutic and exercise interventions.

## ▶ Exercise Psychology

This module examines the psychological precursors and benefits of exercise as well as the factors involved in exercise adoption and adherence. It will cover the foundations of behaviour together with psychological theories and knowledge derived from biological, social, behaviourism, and cognitive approaches. The module encourages critical awareness of the role of psychological theory and methodology in maintaining healthy functioning. It has major goal positive health outcomes encouraging the adoption of healthy exercise behaviours or using exercise for health outcomes, including psychological functioning.

# Modular Certificate in Sports Business Operations

## ► Financial Management

Financial statements assist organizations in decision making. They provide managers with information about the allocation and use of funds, the source and type of revenues and to what extent resources were sufficient to meet expenditures. They also provide a snapshot of how much money was spent and for what purposes, and how cash needs were met. This module will equip participants with the necessary skills to analyze and interpret financial information of organizations. Participants will learn to assess corporate financial position, operational performance, and to use key financial information to make planning, controlling and monitoring decisions.

## ► Sports Law and Risk Management

This module introduces the relevant legal principles applicable to the sports and wellness industry such as Contract Law, Arbitration, Tort Law, Labour Law, Intellectual Property right and other relevant laws. Students will be equipped with the skills to analysis different situations and implement strategies to reduce risk to their organisations.

## ► Sports Marketing

The sports industry is becoming increasingly competitive and dynamic, with companies utilising sports as part of their marketing strategy. Sports marketing often involve the process of planning, implementing and controlling efforts to meet organisational goals and satisfy consumer needs. It is a dynamic discipline that inspires creativity in its practitioners. The sports marketing function has the power to drive the company's vision, mission and strategic planning. This module introduces students to the basic theories and applications of sports marketing concepts and techniques for developing effective marketing strategies in the sports industry. Topics covered includes the sports marketing framework and theories, the sports market, the sports consumer, the sports product, sponsorship, marketing communication, distribution channels and public relations amongst others.

# Modular Certificate in Health Promotion

## ▶ Active Ageing

This module focuses attention on the health issues faced by the ageing population. It aims to equip students with the knowledge to be able to plan and deliver programmes designed to take a proactive approach to preventative health and active ageing. Students will study nutrition for the elderly, functional lifestyles, chronic disease care, osteoporosis and falls safety, diabetes, preventative health screening, and exercise prescription. They will also learn about the methods of increasing health literacy in the ageing population.

## ▶ Health Promotion & Communication

This module introduces students to the fundamentals of Health Promotion and theories underpinning health promotion programme development for population groups throughout the life course. The first part introduces the students to the fundamental concepts, principles and strategies related to health promotion. The second part aims to help build fundamental skills of effective communication in the health promotion context. The third part introduces the students to the concepts of health programme planning, implementation and evaluation. The module wraps up with discussing professionalism and ethical practices in the health promotion sector.

## ▶ Weight Management

In this module, students will examine the contemporary issues that confront practitioners and professional institutions dealing with overweight and obesity. The module creates a greater awareness of the issues and helps these future practitioners create strategies to address them. The topics covered include nutrition, childhood obesity, obesity in adulthood, psychopathology, health concerns related to obesity, and exercise prescription.

# Modular Certificate in Outdoor Program Management

## ▶ Facilitating Outdoor Programs

This module introduces skills, concepts and principles of communication, teaching and learning in outdoor education. Students apply skills and knowledge relating to the planning and implementation of outdoor education programme such as appropriate challenges, group development, risk assessment and management, programme design, and group management. They also demonstrate instructional techniques, facilitation processes and strategies as well as creative reviewing methods.

## ▶ Facilitating Environmental Programs

This module seeks to introduce students with a holistic understanding of key environmental processes and the socio-economic, political and ethical issues related to contemporary concerns and their management. Students apply skills and knowledge related to knowing, interpreting and appreciating the environmental elements of Singapore, specifically the ecological, cultural and historical landscapes.

## ▶ Safety and Operations and Management in Outdoor Programs

This module seeks to introduce the administration, operations and management of adventure learning centres. Students apply topics such as rope course building standards, rope course inspection and maintenance of adventure facilities, incident management, resource planning, certification and accreditation, as well as legal liabilities.

# Modular Certificate in Managing Sports Organizations

## ► Sports Administration

This module seeks to address issues pertaining to the administration of National Sports Associations (NSAs) established to promote and develop sports in Singapore. Students will develop a basic understanding of managing a National Sports Association in Singapore with emphasis on the vision to create Team Singapore. Topics will include the constitution and policies governing NSAs, the basic concepts of NSA administration management of elite athletes, foreign sports talents, coaches and volunteers and preparation for major games.

## ► Facilities and Events Management

Facility and event managers are accountable for the success of sporting ventures and events. Modern-day sport venues are vastly different in their appearance and functionality compared with the previous generation of facilities. Not only is the market for sport and entertainment events expanding and becoming more diversified but the needs of old and new customers have changed as well, leading to the changing functionality of new venues. The sport or entertainment event is inextricably linked to the place and location in which it is being organised and hosted. High-quality events require high-quality facilities. The type of event brings with it an endless list of requirements, the fulfilment of which determines the eventual success or failure of the event. The module offers a systematic guide to the management issues and practical problems that sports managers must address to ensure success.

## ► Sports Management

This module exposes students to basic disciplinary knowledge in human resource management and marketing as deemed relevant to the management of sports and recreation clubs/programmes/events. Students will gain business management knowledge and skills to contextualise and relate acquired knowledge to current challenges in the Singapore sports arena. In addition, students are provided an overview of the different career opportunities in the sports industry.

**Notes:**

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For more information, visit [www.rp.edu.sg/ace](http://www.rp.edu.sg/ace)