Part-Time Diploma in Sports (Coaching)

Participants will be awarded the modular Certificate issued by Republic Polytechnic upon meeting 50% of attendance requirement and passing all coursework and assessment. Upon successful completion of all FIVE modular Certificates, participants will be awarded the Diploma in Sports (Coaching) issued by Republic Polytechnic.

Course Commencement Date: April/October Intakes
Course Duration: 900 hours, 2.5 years
Course Venue: Republic Polytechnic Campus

<table>
<thead>
<tr>
<th>Fees Payable (inclusive of GST and subsidy)</th>
<th>Modular Certificate Fee^</th>
<th>Total Course Fee^</th>
</tr>
</thead>
<tbody>
<tr>
<td>Singapore Citizen (WTS scheme)*</td>
<td>$ 200</td>
<td>$ 1,000</td>
</tr>
<tr>
<td>Singapore Citizen (SME-sponsored)**</td>
<td>$ 340</td>
<td>$ 1,700</td>
</tr>
<tr>
<td>Singapore Citizen†</td>
<td>$ 890</td>
<td>$ 4,450</td>
</tr>
<tr>
<td>Singapore Permanent Resident</td>
<td>$1,180</td>
<td>$ 5,900</td>
</tr>
<tr>
<td>Foreigner / Full Fees</td>
<td>$2,940</td>
<td>$14,700</td>
</tr>
</tbody>
</table>

* WTS refers to Workfare Training Support Scheme.
** Singaporeans who are SME-sponsored are entitled to a 90% course fee subsidy.
† Singapore Citizens (SC) pursuing CET Diplomas for the first time are entitled to 70% funding, while PRs will enjoy 60% MOE funding.
^ Course fees accurate as of 2015, subjected to review yearly.

COURSE SYNOPSIS
This course aims to provide a pathway for the current sports coaches to upgrade their skills and knowledge in sports coaching. It adopts a multi-disciplinary approach to the study of sports coaching that will raise the professional level of the industry in Singapore and prepare participants with the latest and relevant skills and knowledge to help them be promoted in their current employment or to continue with further study in the field of sports coaching. Upon completion, participants will be able to support the needs of the growing sports coaching industry.

TARGET AUDIENCE
Sports coaches and sports professionals.

ENTRY REQUIREMENTS
Applicants should possess the one of the following combinations of qualification and work experience:
- 3 GCE ‘O’ Levels passes with at least 3 years of relevant work experience;
- NITEC (GPA 3.5 and above) with at least 2 years of relevant work experience;
- Higher NITEC with at least 1 year of relevant work experience;
- Other qualifications such as WSQ Diploma or coaching certificate shall be reviewed on a case-by-case basis with a written or oral assessment.
Coaching Pedagogy #

- Effective Communication for Sports Professionals
- Instructional Strategies for Sports and Games
- Instructional Strategies for Sports and Games II

Applied Sports Science

- Athletic Training and Assessment
- Kinesiology in Sports
- Sports Psychology

Professional Practice in Coaching #

- Introduction to Sports Coaching and Practicum
- Professionalism and Ethics in Sports Coaching
- Performance Analysis

Sports Development #

- Sports Sociology and Inclusive Physical Activity
- Sports Law and Risk Management in Sports
- Strategic Sports Development

Sports Teams Management #

- Introduction to Sports Administration
- Managing Developmental Athletes and Teams
- Media and Public Relations for Sports

The certificates in Coaching Pedagogy, Professional Practice in Coaching, Sports Development and Sports Teams Management consist of 150 hours of contact time and 30 non-contact hours. Non-contact hours can include e-learning, assessments, assignments and revision.

CERTIFICATION
Participants will be awarded the modular Certificate issued by Republic Polytechnic upon meeting 50% of attendance requirement and passing all coursework and assessment. Upon successful completion of all FIVE modular Certificates, participants will be awarded the Diploma in Sports (Coaching) issued by Republic Polytechnic.

MODULE SYNOPSIS

1. Certificate in Coaching Pedagogy

- Effective Communication for Sports Professionals

This module equips students with the skills required to communicate and present more effectively. Students will learn about the communication process, and develop strategies to be better communicators in both formal and informal settings. Besides learning how to write effective proposals and reports, students will augment their presentation toolkit, so as to deliver presentations to students and other stakeholders with greater interactivity and learner engagement.

- Instructional Strategies for Sports and Games

This module introduces the various types of principles and methods used for instruction in the teaching of sports and games, such as the Teaching Games for Understanding approach, Play Practice and Mosston’s Teaching Styles. It seeks to address issues pertaining to when coaches/teachers need to be flexible and willing to adjust their style according to the needs of the learners, with the aim of increasing physical activity as well as raising understanding of all aspects in games and sports.

By engaging different techniques to cater to the different learning styles, students will learn how to find ways to continually engage and sustain motivation in learners to immerse in a sporting environment. A practicum component with supervision is incorporated in the module to enable the students to apply the knowledge in a real coaching setting. The student will log 30 hours for the practicum component.

2. Instructional Strategies for Sports and Games II

This module will build on the teaching and learning styles that have been taught in the first module by applying them in them in the context of sports and games based on the cluster – Net/Wall, Invasion/Territory, Striking/Fielding, Target and Individualised sports. The students will be exposed to the different sport-specific movements and apply the theoretical foundations of cognitive and motor behavioural processes that contribute to the successful learning of sport skills. Upon completion of this module, students will understand the interplay between specific characteristics of sports skills and the differences between individuals in relation to learning and perfecting sports skills. A practicum component with supervision is incorporated in the module to enable the students to apply the knowledge in a real coaching setting. The student will log 30 hours for the practicum component.


- Athletic Training and Assessment

This module aims to equip students with the knowledge of the athletic training needed for coaches and physical educators when coaching developmental athletes. Through this module, students will be introduced to the foundations of athletic training: sports injury causation, response, and management; basic principles of nutrition in sports; and sports conditioning. Students will learn the common treatment physical modalities, and be able to plan a conditioning programme for injury prevention and rehabilitation in sports.

- Kinesiology in Sports

This module allows students to understand how the human body serves as a machine for work performance. Students will learn the fundamental concepts and principles of human motion, particularly in the area of fundamental movement skills. Students will be prepared to teach human motion effectively, efficiently and safely.

- Sports Psychology

This module aims to examine the relationships between psychological states and physical performance in sports settings. Topics covered under this module include attributions, intrinsic and extrinsic motivation, self-efficacy and self-confidence. Students will be acquainted with interventions for performance enhancement including techniques dealing with attentional and concentration problems, stress/arousal/anxiety, visualisation and imagery, goal setting and self-talk. Students will be introduced to concepts such as aggression, burnout, and injuries. Finally, students will examine the use of psychological concepts in health promotion to encourage participation in physical activity.

3. Certificate in Professional Practice in Coaching

- Introduction to Sports Coaching and Practicum

This module provides an introduction to principles and applications in general sports coaching. It identifies skills, techniques and the roles in coaching. You will have opportunities to analyze techniques required to improve the performance of athletes. You will also learn to plan, deliver, evaluate and modify effective coaching sessions, achieve sporting excellence across age-groups, manage children in sports, and understand more about drugs in sports, sportsmanship and fair-play. In addition, the module will also provide the students with practical experience of shadowing a coach to understand how coaching is actually done and to reflect on the observation.

- Professionalism and Ethics in Sports Coaching

This module examines the different relationships between the coach and athlete beyond the development of the athlete’s skills. Students will look at the coaching profession in a socio-cultural context and will challenge the current assumptions made on the benefits of sports and sports training. Case studies will be provided for students to analyse the ethical dilemmas faced by coaches and to critically reflect on their own beliefs and actions.

4. Certificate in Sports Development

- Sports Sociology and Inclusive Physical Activity

This module examines the social factors that influence behaviour within the fields of sports. Students will apply the major sociological theories in understanding the dynamic interactions between social behaviour and factors such as race, deviance, ethnicity, gender, socio-economic status, politics and disability within the context of sports. Students will also address people with different disabilities and other forms of medical conditions with adaptive strategies to be included in the community. This will help students to adapt activities to help the targeted population to improve in their recreation, daily life skills and engagement in sports.

- Sports Law and Risk Management in Sports

This module will help the students identify the common sports risks and minimise them. Students will be introduced to the relevant legal principles that regulate the responsibilities of the coach, such as Negligence, Contract Law, Discrimination, Harassment and Natural Justice. With this knowledge, the students will analyse the situations involving coaches and athletes under their care, and develop a risk minimisation plan to reduce and properly manage the risk.

- Strategic Sports Development

This module will address key concerns in developing strategic sports initiatives, alternative strategies and the implementation of strategic decisions in sports. Students will also gain an insight into theories in policy development for sports in and around Singapore. The module will also address the development of amateur, elite and professional sports industry locally and globally, focusing on emerging markets and target groups such as youth, women, special population and issues surrounding these segments.
5. Certificate in Sports Teams Management

- Introduction to 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 NSA 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 of foreign sports talents, coaches, volunteers and preparation for major games. Students will also be introduced to the management and training principles for elite athletes in high performance systems.

- Managing Developmental Athletes and Teams

This module seeks to address issues pertaining to the role in a coach in managing developmental athletes. Students will develop an understanding of the role of a coach in competitive sports organisations such as National Sports Associations in developing and managing their developmental teams such as the junior and youth squads. Topics will include High Performance Management Structure in a National Sports Association, Code of Athlete Management, Athlete Development Pathway, leading teams in international level competition etc.

- Media and Public Relations for Sports

This module introduces students to the role of mass media in the sporting world and equips them with the skills needed to handle the media as a coach. Students will learn about how the media work, what makes media professionals tick, and learn how to engage them positively. Coverage includes basic sports media production, managing media relations, communicating in challenging situations, and a public relations toolkit. Students will also learn how to develop cooperative relationships with the overall community, in order to create a positive image of the athletes, programmes and sport in general, even in times of a public relations crisis.