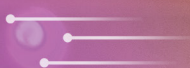


School of Sports, Health and Leisure



More Purpose
More Drive

**BE SO
MUCH
MORE!**

#DiscoverRP

SET YOUR EXPECTATIONS HIGH BECAUSE WE WILL MEET THEM, AND MORE

Enter a world of learning and discovery with us as you acquire essential skills that will stay with you for life!

Republic Polytechnic (RP)'s holistic curriculum prepares you to take on real-life challenges and be ready for the dynamic working world when you graduate. Guided by experienced lecturers, you will have the opportunity to solve real-world problems while working in teams. With RP's Problem-based Learning approach, you will gain critical thinking, problem-solving and communication skills. These are pivotal skillsets that will help you to overcome challenges that you might face in the future.

Our internship programmes and industry partnerships will give you a taste of the working world, where you will gain valuable work experience and establish a network of contacts even before you graduate.

Your education in RP will help open up a world of possibilities and lifelong learning!

Get ready to discover your potential, achieve your dreams and embrace a transformative experience right here at RP because **we are so much more.**

DISCOVER



WIDE RANGE OF PROGRAMMES

Choose from a variety of full-time diploma and lifelong learning courses from our seven schools



100% INTERNSHIP PLACEMENT

Gain real-world working experience with our established network of industry partners



STATE-OF-THE-ART FACILITIES

Resources that add to the top-notch experience

A distinctive and rigorous curriculum ensures that you are more than ready to shine in your chosen career. But we know you are looking for more than just robust instruction, so look forward to enriching your experience at RP with:



OVERSEAS STUDY TRIPS

A whole world waiting to be explored and to learn from



COMMUNITY-BASED PROJECTS

Create positive impact in local and global communities



>80 CO-CURRICULAR ACTIVITIES

Indulge your interests or try something new



3 ACCLAIMED ARTS & MUSIC FESTIVALS

Held yearly to expand your cultural horizons

YOUR PREFERRED CHOICE FOR SPORT SCIENCE AND COACHING

RP **School of Sports, Health and Leisure (SHL)** is the only academic school among our local polytechnics that specialises in the fields of sports, outdoor education and health and wellness.

Revel in a learning environment that is both rewarding and stimulating.



09 COMMON SPORTS AND HEALTH PROGRAMME

10 HEALTH MANAGEMENT & PROMOTION

12 HEALTH SERVICES MANAGEMENT

14 OUTDOOR & ADVENTURE LEARNING

16 SPORT COACHING

18 SPORT & EXERCISE SCIENCE

ABOUT SCHOOL OF SPORTS, HEALTH AND LEISURE

RP School of Sports, Health and Leisure (SHL) is committed to train and nurture students to become sport science professionals, sport coaches, outdoor educators, health coaches, and community care executives who will contribute to shape Singapore into a healthier nation.

Against the backdrop of an ageing population, low birth rates and an increased focus on mental health, SHL graduates will be in high demand to support both physical health and mental wellness of the population. Our students' training in sports technology, data-driven performance analysis, sport psychology, and nutrition will help raise the standards of our national athletes and the sporting community at large.

Skilled as Outdoor Educators, our students support Singapore's National Outdoor Education Masterplan to facilitate safe and inspiring experiential programmes that promote self-discovery, personal growth, team building, and a deeper appreciation for the natural environment.



Over the years, SHL has produced community care executives who work closely with medical professionals. They coordinate the transition of patients from hospitals to community-based care facilities, and value add by connecting patients to appropriate health services and financial schemes. Many SHL graduates have established meaningful careers as health coaches. They help people incorporate a healthy diet, physical exercise and mental wellness into their lifestyle to combat stress and sedentary living.

MINIMUM ENTRY REQUIREMENTS

School of Sports, Health and Leisure (SHL)	Aggregate Type	Minimum Entry Requirements/Grade	
Diploma in: • Outdoor & Adventure Learning (R33)	ELR2B2-B	a) English Language: C6 b) Mathematics (Elementary/Additional): C6 c) Any one of the 2 nd group of Relevant Subjects for the ELR2B2-B Aggregate Type: C6	
		<table border="0"> <tr> <td> <ul style="list-style-type: none"> • Art • Business Studies • Combined Humanities • Economics • Geography • Higher Art • Higher Music • History • Humanities (Social Studies, Literature in English) </td> <td> <ul style="list-style-type: none"> • Humanities (Social Studies, Literature in Chinese) • Humanities (Social Studies, Literature in Malay) • Humanities (Social Studies, Literature in Tamil) • Humanities (Social Studies, Geography) • Humanities (Social Studies, History) </td> <td> <ul style="list-style-type: none"> • Intro to Enterprise Development • Literature in English • Literature in Chinese • Literature in Malay • Literature in Tamil • Media Studies (English) • Media Studies (Chinese) • Music • Principles of Accounts </td> </tr> </table>	<ul style="list-style-type: none"> • Art • Business Studies • Combined Humanities • Economics • Geography • Higher Art • Higher Music • History • Humanities (Social Studies, Literature in English)
<ul style="list-style-type: none"> • Art • Business Studies • Combined Humanities • Economics • Geography • Higher Art • Higher Music • History • Humanities (Social Studies, Literature in English) 	<ul style="list-style-type: none"> • Humanities (Social Studies, Literature in Chinese) • Humanities (Social Studies, Literature in Malay) • Humanities (Social Studies, Literature in Tamil) • Humanities (Social Studies, Geography) • Humanities (Social Studies, History) 	<ul style="list-style-type: none"> • Intro to Enterprise Development • Literature in English • Literature in Chinese • Literature in Malay • Literature in Tamil • Media Studies (English) • Media Studies (Chinese) • Music • Principles of Accounts 	
Diploma in: • Health Management & Promotion (R43) • Health Services Management (R45) • Sport Coaching (R49) • Sport & Exercise Science (R26)	ELR2B2-C	a) English Language: D7 b) Mathematics (Elementary/Additional): C6 c) Any one of the following subjects: C6	
		<ul style="list-style-type: none"> • Biology • Biotechnology • Chemistry • Design & Technology • Electronics / Fundamentals of Electronics • Exercise & Sports Science • Physics • Science (Chemistry, Biology) • Science (Physics, Biology) • Science (Physics, Chemistry) 	

For the latest updates on entry requirements, visit www.rp.edu.sg/shl

HEAR FROM OUR INDUSTRY PARTNERS

“It has been wonderful collaborating with RP SHL as a partner in community health and mental health in Woodlands, Sembawang and Yio Chu Kang. We've benefitted from the numerous final-year projects (FYPs) done by the students and staff.

RP's staff are compassionate and go the extra mile for their students, modelling a love to the community.”

Mr Nicodemus Ching

Social Worker
AWWA CREST (Woodlands x Sembawang)

“Brahm Centre is grateful to have the opportunity to work with RP's Diploma in Health Management & Promotion (DHMP) staff and students during their FYP and internship. The students execute every assigned task to the best of their abilities. They're eager to put their knowledge into practice and are receptive to learn new skills. We look forward to more partnerships ahead to make an impact in community care.”

Ms Josephine Tham

Head, Care Team
Brahm Centre

“Our engagement with RP students has been rewarding. The approachable and dedicated students, along with supportive RP lecturers, have made a lasting impression on us. Their willingness to go the extra mile, coupled with their strong work ethics and eagerness to learn, are commendable.

The collaboration has fostered an enriching learning atmosphere, where students actively pursue feedback and consistently refine their skills. Working with such individuals has been valuable for Physio and Sole Clinic.”

Ms Shakila

Clinic Operations Manager
Physio and Sole Clinic

“RP has consistently been a good partner for us. We value RP SHL students who join Woodlands Health on internships and volunteering opportunities at community events. They are well-equipped with problem-solving and critical thinking skills, and we have RP alumni who are now staff of Woodlands Health.

The students are genuinely interested in the engagements with our residents, evident by ground activities. Furthermore, RP SHL's lecturers consistently go above and beyond to provide comprehensive support to students during their internship experiences.”

Mr Eric Ho

Director, Allied Health Services & Regional Health
Office
Woodlands Health

“Kwong Wai Shiu Hospital is pleased to collaborate with RP SHL in their students' FYPs and internships. The students have shown strong interest and willingness to learn and work with our staff in addressing work-related challenges and problems. RP's lecturer was approachable and never hesitated to offer assistance to ensure the students are well-equipped for the assignments with the hospital. We look forward to RP's continual support and partnerships.”

Mr William Loh

Assistant Director,
Learning & Organisational
Development
Kwong Wai Shiu Hospital

HEAR FROM OUR GRADUATES

“Pursuing a Diploma in Health Services Management has allowed me to gain further insights into the healthcare industry. I've not only gained communication skills, but I've also come to understand the importance of providing quality care to every individual, in view of Singapore's ageing population. The knowledge and skills acquired benefitted me greatly when working on my final-year project (FYP), as well as during my internship at a Health Screening clinic.”



**Reshma
D/O Kalai
Selvan**

Diploma in Health Services
Management
2023 Graduate

A mature, hardworking individual, Reshma always ensured that she delivered her best during her time in RP. She has a positive mindset and her optimism in life influenced her peers to develop a positive attitude as well. She is a member of the Republic Polytechnic Alumni Committee and is currently pursuing a Bachelor of Science with Honours in Occupational Therapy at Singapore Institute of Technology.



Ho Yern Yee

Diploma in Outdoor &
Adventure Learning
2019 Graduate

“RP's Problem-based Learning approach is ideal for an experiential learner like me! I could understand concepts and theories better because the lecturers in RP are markedly different from all the teachers I've had to date. They build great rapport with students and take a genuine interest in our lives. I've received valuable guidance from them.”

Yern Yee's lecturers uncovered her natural leadership instincts when she led an outdoor adventure programme for students from the Association for Persons with Special Needs and rallied her classmates around the project. Her ability was further recognised through a glowing commendation from her Outward Bound Vietnam supervisor following a 20-week internship there. She also received the REPUBLIC Award in 2018 - indeed, Yern Yee's high standard of performance demonstrates how at RP, one can be so much more.

“My education in Health Services Management paved my way in the nursing industry. I've picked up good communication skills and useful knowledge on the various medical packages available to patients. These benefitted me greatly when I worked as a Patient Service Associate in the hospital during my internship.”



**Jessalyn Soh
Wan Rong**

Diploma in Healthcare
Administration
(now known as Diploma in Health
Services Management)
2019 Graduate

Jessalyn is highly enthusiastic and passionate about healthcare. Her inspiration came from her mother, who is a registered nurse. As a member of the Lion Befrienders, she regularly visits nursing homes to care for the elderly. In 2018, she received the REPUBLIC Award that celebrated her display of character and compassion for marginalised groups in our community. She has also received the Healthcare Scholarship by the Ministry of Health Holdings. With her passion, skills and knowledge, she is primed to be a great asset to the healthcare industry. Jessalyn has graduated with a Degree in Nursing at National University of Singapore with Second Class (Upper Division) Honours.

“The problem-based lessons were very flexible, allowing me to study at a comfortable pace. The lessons suit my learning style, which is more kinaesthetic and self-directed. The open-book examinations, field-based lessons and daily projects motivated me to study harder and I found the workload manageable. Most importantly, my interest was sustained as we could apply classroom concepts to real-world situations.”



Khwang Li Yi

Diploma in Sport Coaching
2019 Graduate

With a GPA of 3.94, Li Yi was an inspiring role model to her peers. She was inducted in the Director's Roll of Honours for three semesters and received the REPUBLIC Award in 2018.

She also received the Tharman Shanmugaratnam Book Prize when she was studying at RP. An avid athlete as well, Li Yi excels in the sporting arena having participated in the 2016 National Wushu and Sanda Championship and she has also represented RP in table tennis. Li Yi volunteers at Singapore Sailing Federation events and works as a track-and-field coach for pre-schoolers at a local athletic club.



Melody Chiam Jiale

Diploma in Sports and
Exercise Science
2018 Graduate

“During my time in RP's Diploma in Sport and Exercise Science, I was able to strengthen my critical thinking skills through the learning processes and mentoring by my lecturers.

I'm an advocate for the Problem-based Learning approach, as it helps me tackle all types of academic challenges and the approach is equally applicable in the real world. It was extremely beneficial when I embarked on my final-year project (FYP) and internship. My advice for RP students is to go ahead and ask questions in class without hesitation!”

Melody Chiam is currently pursuing a Masters in Research (Biomechanics) at the National Institute of Education (NIE) with a scholarship. She has attained a bachelor's degree in Sports and Exercise Management with Merit at the Nanyang Technological University (NTU). She was inducted in the Director's Roll of Honour for all semesters during her time in Republic Polytechnic (RP). Melody is very passionate about research and has had two academic publications and presented her work at international conferences. Her passion is to add value to the younger generations in sports science education.

“Working in a team setting during my time in RP has helped me tremendously in my personal growth. I've developed stronger communication, collaboration and problem-solving skills. The modules I've learnt provided me with a strong foundation in both theoretical and practical aspects of holistic lifestyle intervention. If you're interested in promoting health and are passionate about positive behavioural change, being a health coach might be your calling as well!”

As a health coach, Carina has partnered with seniors in the community to guide them to make positive changes in their lifestyle through one-to-one coaching sessions and programmes. Through her work, she hopes to see a shift in the community towards more proactive behavioural change and building a sustainable healthy lifestyle.



Carina Wong

Diploma in Health Management
& Promotion
2015 Graduate

GAIN A MAJOR HEAD START WITH OUR MINORS



Embark on exciting career pathways with versatile cross-sector skills, future-ready capabilities and gain a foothold in the most dynamic sectors!

RP primes you for success in a VUCA (Volatile, Uncertain, Complex, and Ambiguous) world. Our Minor Programmes offer an additional area of study outside of your diploma's discipline* and are designed to make you a competitive player across diverse fields!

Create value, innovate and enhance systems, and drive change for a brighter future, wherever you choose to go!

Each Minor Programme consists of 12 Modular Credits (MCs) in total. You will need to take two extra modules on top of the requirements for your diploma.

2 Modules
(total of 4 MCs)

Choose **two relevant modules** from the list of Freely Chosen Modules.



2 Modules
(total of 8 MCs)

Choose **two modules** from the list for the respective Minor Programme.



Minor in BUSINESS

Equip yourself with real-world business skills that help you add value and generate profits for your organisation.

Select two modules from the list of Freely Chosen Modules in the Business category and two modules from the following list:

- B101** Entrepreneurship
- B109** Design Thinking for Business Innovation
- B215** Financial Accounting
- H323** Hospitality Revenue Management
- T262** Introduction to User Experience



Minor in DIGITALISATION

Develop your skills in digital technologies such as Augmented Reality (AR), Virtual Reality (VR) and IoT (Internet of Things) to enhance your organisation's business processes.

Select two modules from the list of Freely Chosen Modules in the Digitalisation category and two modules from the following list:

- C110** Programming Fundamentals I
- E115** Programming and Data Analysis
- E118** Fundamentals of Industrial Internet of Things
- H224** Customer Analytics
- T376** Design with Emerging Technology



Minor in SUSTAINABILITY

Be well-placed to help organisations make sustainability an integral part of their business strategy.

Select two modules from the list of Freely Chosen Modules in the Sustainability category and two modules from the following list:

- A225** Earth and Climate Science
- A324** Resource Management and Circular Economy
- E315** Energy Management and Sustainability
- H228** Sustainability in Events
- T378** Spatial and Environment Design

**Your chosen Minor Programme has to be differentiated from your diploma course. You will still be required to fulfil the graduation requirements for your diploma.*

For more information, visit www.rp.edu.sg/minor-programmes

COMMON SPORTS AND HEALTH PROGRAMME R63



EXPLORE AND DISCOVER THE DIPLOMA PROGRAMME THAT BEST SUITS YOU AT THE SCHOOL OF SPORTS, HEALTH AND LEISURE (SHL).

Specialise in one of SHL's diplomas from the second semester onwards:

- Diploma in Health Management & Promotion (R43)
- Diploma in Health Services Management (R45)
- Diploma in Outdoor & Adventure Learning (R33)
- Diploma in Sport Coaching (R49)
- Diploma in Sport & Exercise Science (R26)



In the first semester, students will take the following modules:

General Modules

- Communication in the Global Workplace
- Critical Thinking and Problem Solving Skills
- ECG I: Exploring the Future of Work
- Innovation and Practice
- Life Skills I
- Singapore, the World and I

Discipline Modules

- Biopsychosocial Aspects of Ageing
- Health and Wellness

From the second semester, you will specialise in the modules that belong to the SHL diploma programme you are posted to.

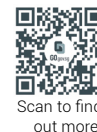
ABOUT THE PROGRAMME

During the first semester in the first year of study, you will take general modules in the fields of sports, health and wellness.

With this focused time to explore, you will gain insights into the various disciplines, be clearer of your interests and understand your own strengths before selecting your diploma of choice from the five SHL diploma offerings.



DIPLOMA IN HEALTH MANAGEMENT & PROMOTION R43



Scan to find
out more!

BE A HEALTH COACH AND LEAD THE CHANGE IN BUILDING A HEALTHIER COMMUNITY.

- Gain a solid foundation in areas such as psychology, physical activity and nutrition and influence human behaviour through effective health coaching
- Learn project management skills as you plan and execute health-related events in the community while leveraging digital tools
- Gain work experience through a 20-week internship or an entrepreneurial project with a local or overseas organisation such as ActiveSG, Health Promotion Board, National Healthcare Group, National University Health System, NTUC Healthcare, People's Association, SingHealth Services, St Luke's Elder Care, and Surbana Jurong



General Modules

- Communication in the Global Workplace
- Critical Thinking and Problem Solving Skills
- ECG I: Exploring the Future of Work
- ECG II: Becoming Future-Ready
- Innovation and Practice
- Life Skills I
- Life Skills II
- Life Skills III
- Singapore, the World and I

Specialisation Modules

- Active Ageing
- Anatomy and Physiology
- Behaviour Change
- Corporate Wellness
- Epidemiology and Biostatistics
- Exercise Programming and Assessment
- Health Promotion
- Health Psychology
- Introduction to Counselling and Communication
- Nutrition
- Nutrition Care Process
- Psychosocial Aspects of Exercise
- Youth Health

Discipline Modules

- Biopsychosocial Aspects of Ageing
- Health and Wellness
- Inclusive Physical Activity
- Sociology of Sports, Health and Leisure

Elective Modules

Select two modules from the list below:

- Event Design and Experience
- Human Diseases
- Marketing
- Sports and Exercise Prescription

Industry Orientation Programme

- Project

Select one module from the list below:

- Corporate Innovation Immersion Programme
- Entrepreneurial Immersion Programme
- Industry Immersion Programme

Freely Chosen Modules

Students need to either select the Special Project module or select two modules from a list of Freely Chosen Modules.

CAREER OPPORTUNITIES

You can pursue a career in the following industries:

- Community care – active ageing centres, community hospitals and nursing homes
- Corporate wellness – human resources
- Healthcare – hospitals and clinics

You can explore potential positions such as:

- Community Care Executive
- Corporate Wellness Executive
- Dietetic Assistant
- Fitness Coach
- Health Coach
- Health Promotion Programme Executive



ABOUT THE DIPLOMA

A health coach guides others in managing and promoting optimal nutrition levels, physical activity and mental wellness.

Through this diploma, you will gain valuable project management skills and lead health events in the community while leveraging the use of digital tools. You will also learn to conduct health and fitness assessments, all while embarking on a meaningful journey of educating the importance of a holistic wellbeing from young to old.

Make wellness advocacy a career and be equipped with holistic skillsets that empower you to effect positive change in the quality of life for the community!

FURTHER STUDIES

Discover exciting opportunities for further studies!

You can consider further studies at local universities such as:

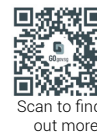
- Nanyang Technological University
- National University of Singapore
- Singapore Institute of Technology
- Singapore Management University
- Singapore University of Social Sciences
- Singapore University of Technology & Design

Overseas institutions include:

- Edith Cowan University (Australia)
- Monash University (Australia)
- The University of Adelaide (Australia)
- The University of Queensland (Australia)



DIPLOMA IN HEALTH SERVICES MANAGEMENT R45



Scan to find
out more!

BE A COMMUNITY CARE PROFESSIONAL TO SUPPORT SINGAPORE'S HEALTHCARE SYSTEM.

- Receive a comprehensive management-oriented training in healthcare administration and coordination
- Develop a sound understanding of healthcare policies, practices and processes
- Gain work experience through a 20-week internship or an entrepreneurial project with a public or private healthcare institution or social service agency. Our industry partners span across the healthcare sector including community care providers such as active ageing centres, nursing homes, private healthcare organisations, restructured hospitals, and polyclinics



General Modules

- Communication in the Global Workplace
- Critical Thinking and Problem Solving Skills
- ECG I: Exploring the Future of Work
- ECG II: Becoming Future-Ready
- Innovation and Practice
- Life Skills I
- Life Skills II
- Life Skills III
- Singapore, the World and I

Discipline Modules

- Biopsychosocial Aspects of Ageing
- Health and Wellness
- Sociology of Sports, Health and Leisure

Industry Orientation Programme

- Project

Select one module from the list below:

- Corporate Innovation Immersion Programme
- Entrepreneurial Immersion Programme
- Industry Immersion Programme

Specialisation Modules

- Anatomy and Physiology
- Business Statistics
- Case Management
- Community and Social Care
- Data Analytics and Visualisation
- Financial Accounting
- Financing for Healthcare
- Health Ethics and Law
- Health Psychology
- Healthcare Operations Management
- Healthcare Systems
- Human Diseases
- Introduction to Counselling and Communication
- Marketing
- Patient Care
- Quality Management in Health Care
- Service Quality and Professional Etiquette

Freely Chosen Modules

Students need to either select the Special Project module or select two modules from a list of Freely Chosen Modules.

CAREER OPPORTUNITIES

You can pursue a career in the following industries:

- Acute care – hospitals and specialty centres
- Community care – community hospitals, hospices and nursing homes
- Primary care – dental clinics, general practitioners and polyclinics

You can explore potential positions such as:

- Case Management Assistant
- Community Care Executive
- Corporate Services Assistant
- Healthcare Data Analysis Associate
- Senior Patient Service Associate



ABOUT THE DIPLOMA

When it comes to saving lives, medical practitioners depend on hospitals and clinics to run smoothly and efficiently.

Community care is gaining prominence in Singapore's healthcare landscape due to our ageing population. Assisting and easing the older population to age gracefully requires strong care coordination.

The Diploma in Health Services Management (DHSM) prepares you for a career as a healthcare management professional. You will gain a firm understanding of major healthcare policies, practices and processes, particularly in community care.

Equipped with extensive hands-on training and industry exposure, you will gain the confidence to **C.A.R.E.**:

- C** - Coordinate operations
- A** - Administer healthcare policies and processes
- R** - Ready to manage across the care continuum
- E** - Equip yourself with healthcare knowledge and skills

FURTHER STUDIES

Discover exciting opportunities for further studies!

You can consider further studies at local universities such as:

- Nanyang Technological University
- National University of Singapore
- Singapore Institute of Technology
- Singapore Management University
- Singapore University of Social Sciences

Overseas institutions include:

- Edith Cowan University (Australia)
- Monash University (Australia)
- The University of Adelaide (Australia)
- The University of Queensland (Australia)



DIPLOMA IN OUTDOOR & ADVENTURE LEARNING

R33



Scan to find out more!

JOIN THE ONLY POLYTECHNIC IN SINGAPORE THAT PREPARES YOU TO EXCEL IN A CAREER IN OUTDOOR AND ADVENTURE EDUCATION.

- Plan, deliver and facilitate safe and meaningful experiential programmes - both indoors and out in the natural environment
- Acquire certifications in kayaking, climbing, abseiling, and risk management. You will also learn expedition planning, risk assessment, people management, facilitation, and leadership skills
- Gain work experience through an internship or by engaging in an entrepreneurial project with a local or overseas organisation such as Boys' Town, Camp Challenge, Innotrek, Ministry of Education Outdoor Adventure Learning Centres, Outward Bound Singapore, and Outward Bound Vietnam



General Modules

- Communication in the Global Workplace
- Critical Thinking and Problem Solving Skills
- ECG I: Exploring the Future of Work
- ECG II: Becoming Future-Ready
- Innovation and Practice
- Life Skills I
- Life Skills II
- Life Skills III
- Singapore, the World and I

Discipline Modules

- Biopsychosocial Aspects of Ageing
- Health and Wellness
- Inclusive Physical Activity

Elective Modules

Select two modules from the list below:

- Introduction to Sports Coaching
- Service Quality and Professional Etiquette
- Sports Events Management
- Sports Facilities Management

Specialisation Modules

- Adventure Education
- Biodiversity in Singapore
- Challenge Course Management

- Climbing and Abseiling Adventure Education
- Entrepreneurship
- Environmental Education
- Environmental Interpretation
- Expedition Principles, Practices and Management
- Experiential Land-based Adventure Education
- Experiential Water-based Adventure Education
- Instruction and Facilitation in Experiential Education
- Marketing
- Outdoor Leadership
- Supervision and Management of Outdoor Programmes

Industry Orientation Programme*

Option 1:

- Project

Select one module from the list below:

- Corporate Innovation Immersion Programme
- Entrepreneurial Immersion Programme
- Industry Immersion Programme

Option 2:

- Industry Immersion Programme
- Industry Immersion Programme II*

Freely Chosen Modules

Students will need to either select the Special Project module or select two modules from a list of Freely Chosen Modules. Students under the 1-year Industry Immersion Programme will not be required to take the Freely Chosen Modules.

**Eligible students who meet the academic prerequisites will be given the option to select Industry Immersion Programme II (IIP II). The coverage of IIP II will be equivalent to 16 MCs and part of the exemption will include two specialisation modules, two Freely Chosen Modules and one Project. Eligible students will undertake IIP II during Semester 2 of the final year of study.*

CAREER OPPORTUNITIES

You can pursue a career in the following industries:

- Education such as early childhood and special needs
- Outdoor and adventure recreation
- Outdoor and adventure retail
- Outdoor education
- Uniformed services

You can explore potential positions such as:

- Adventure Tourism/Travel Executive/Consultant
- Experiential Learning Facilitator
- Outdoor Adventure Educator/ Instructor/Facilitator
- Outdoor and Adventure Facilities Supervisor



ABOUT THE DIPLOMA

The Diploma in Outdoor & Adventure Learning (DOAL) equips you with a strong foundation to plan, deliver and facilitate safe and meaningful experiential programmes, both indoors and out in the natural environment. You will help participants discover themselves, build confidence, resilience, teamwork, and learn valuable life lessons while they overcome obstacles.

You will also learn to appreciate the natural surroundings, concepts of sustainability and conservation to care for the environment. Transform your love for the outdoors and adventure into a fulfilling career - your journey as an effective outdoor educator starts with DOAL!

FURTHER STUDIES

Discover exciting opportunities for further studies!

Our graduates have gained entry to prestigious universities such as:

- La Trobe University (Australia)
- Monash University (Australia)
- Nanyang Technological University
- National University of Singapore
- Singapore Management University
- Singapore University of Social Sciences



DIPLOMA IN SPORT COACHING

R49



Scan to find
out more!

BE A GREAT SPORTS COACH BEHIND A SUCCESSFUL SPORTSMAN.

- Be trained in current sport technology and analytics to enhance your coaching practice
- Learn the art of inculcating values through sport coaching
- Gain work experience through a 20-week internship or an entrepreneurial project with a local or overseas organisation such as CoachSG, Ministry of Education, National Sports Associations, private clubs and academies such as BearyFun Gym, FootballPlus Singapore, Pacer Water Polo Academy, ProActiv Sports, Ready Steady Go Kids, and Scholar Basketball Academy



General Modules

- Communication in the Global Workplace
- Critical Thinking and Problem Solving Skills
- ECG I: Exploring the Future of Work
- ECG II: Becoming Future-Ready
- Innovation and Practice
- Life Skills I
- Life Skills II
- Life Skills III
- Singapore, the World and I

Discipline Modules

- Biopsychosocial Aspects of Ageing
- Inclusive Physical Activity
- Mathematics
- Sociology of Sports, Health and Leisure

Elective Modules

Select one module from the list below:

- Corporate Wellness
- Health and Wellness
- Sports Policies

Industry Orientation Programme

- Project

Select one module from the list below:

- Corporate Innovation Immersion Programme
- Entrepreneurial Immersion Programme
- Industry Immersion Programme

Specialisation Modules

- Exercise Programming and Assessment
- Foundations of Kinesiology
- Human Motor Control and Development
- Injury Prevention and Management
- Instructional Strategies for Sports and Games
- Instructional Strategies for Sports and Games II
- Introduction to Sports Coaching
- Managing Developmental Athletes and Teams
- Performance Analysis
- Sports and Exercise Nutrition
- Sports and Exercise Prescription
- Sports and Exercise Psychology
- Sports and Leisure Related Law

Select two modules from the list below:

- Practical Studies: Athletics
- Practical Studies: Badminton
- Practical Studies: Basketball
- Practical Studies: Football
- Practical Studies: Fundamental Movements
- Practical Studies: Swimming
- Practical Studies: Table Tennis

Freely Chosen Modules

Students need to either select the Special Project module or select two modules from a list of Freely Chosen Modules.

CAREER OPPORTUNITIES

You can pursue a career in the following industries such as:

- Armed Forces
- Education
- Fitness
- Sports
- Uniformed Forces

You can explore potential positions such as:

- Allied Educator with the Ministry of Education
- Fitness Instructor/Trainer
- Sports Administrator
- Sports Coach
- Sports Official



ABOUT THE DIPLOMA

Designed in consultation with Sport Singapore, the Diploma in Sport Coaching (DSC) will equip you with the art and science of coaching. You will be rooted in the fundamentals of sport science, sport pedagogy and professional practices in sport coaching - your building blocks to be the next great sports coach!

You will learn evidence-based practices through a rigorous curriculum that covers both theory and extensive hands-on training in this diploma.

FURTHER STUDIES

Discover exciting opportunities for further studies!

You can consider further studies at local universities such as:

- Nanyang Technological University
- Singapore Institute of Technology
- Singapore University of Social Sciences

Overseas institutions include:

- Curtin University (Australia)
- Deakin University (Australia)
- Monash University (Australia)
- The University of Queensland (Australia)
- The University of Western Australia (Australia)



DIPLOMA IN SPORT & EXERCISE SCIENCE

R26



Scan to find
out more!

UNLOCK THE SCIENCE OF EXERCISE – BOOST YOUR PERFORMANCE

- Learn how the body responds and adapts to exercise, how movement is optimised and how nutrition plays a vital role in performance and recovery
- Experience practical application of theoretical knowledge through laboratory work, fitness assessments and exercise programming
- Equip yourself with a solid foundation for further studies in related fields such as kinesiology, sports medicine, physiotherapy, or occupational therapy or pursue a career in the sports and exercise industry



General Modules

- Communication in the Global Workplace
- Critical Thinking and Problem Solving Skills
- ECG I: Exploring the Future of Work
- ECG II: Becoming Future-Ready
- Innovation and Practice
- Life Skills I
- Life Skills II
- Life Skills III
- Singapore, the World and I

Discipline Modules

- Biopsychosocial Aspects of Ageing
- Health and Wellness
- Inclusive Physical Activity
- Mathematics
- Physics

Elective Modules

Select one module from the list below:

- Corporate Wellness
- Exercise Science Portfolio Development
- Sports Policies

Specialisation Modules

- Anatomy and Physiology
- Applied Anatomy and Kinesiology
- Business Statistics
- Exercise Programming and Assessment
- Human Motor Control and Development
- Injury Prevention and Management
- Introduction to Sports Coaching
- Performance Analysis
- Sports and Exercise Biomechanics
- Sports and Exercise Nutrition
- Sports and Exercise Physiology
- Sports and Exercise Prescription
- Sports and Exercise Psychology

Industry Orientation Programme

- Project

Select one module from the list below:

- Corporate Innovation Immersion Programme
- Entrepreneurial Immersion Programme
- Industry Immersion Programme

Freely Chosen Modules

Students need to either select the Special Project module or select two modules from a list of Freely Chosen Modules.

CAREER OPPORTUNITIES

You can pursue a career in the following industries:

- Fitness centres
- Healthcare facilities
- Research institutions
- Schools
- Sports academies
- Sports organisations

You can explore potential positions such as:

- Coach
- Fitness Trainer
- High Performance Executive
- Physical Education Teacher
- Sports Development Officer
- Sports Educator
- Therapy Assistant



ABOUT THE DIPLOMA

This diploma combines scientific principles with practical application for a good understanding of human physiology, biomechanics, sports nutrition and sports psychology. You will learn how to analyse and optimise athletic performance, prevent injuries and develop effective training programmes.

Centred on evidence-based research and practical experience, you will be equipped to thrive and create a meaningful impact in the ever-evolving realm of sports and exercise.

FURTHER STUDIES

Discover exciting opportunities for further studies!

You can consider further studies at local universities such as:

- Nanyang Technological University
- Singapore Institute of Technology
- Singapore University of Social Sciences

Overseas universities include:

- Deakin University (Australia)
- Monash University (Australia)
- The University of Adelaide (Australia)
- The University of Queensland (Australia)
- The University of Western Australia (Australia)




9 Woodlands Ave 9, Singapore 738964 | 6510 3000 | www.rp.edu.sg

 [republicpoly](#)

 [republicpolytechnic](#)

 [republicpoly](#)

 [discoverRP](#)

 [linkedin.com/school/republic-polytechnic](https://www.linkedin.com/school/republic-polytechnic)

All rights reserved. Reproduction in whole or in part without permission is prohibited. Information is correct at time of print. OCC/Nov 2023