

SCHOOL OF SPORTS, HEALTH AND LEISURE (SHL)

- Pumped to be a change-maker and impact lives through sports and wellness?
- At SHL, your training will equip you with purpose and drive to become WELLNESS CHAMPIONS for athletes, seniors, children, youths, working adults, and those with special needs!

Current Course Title	Demonstrates Passion or Interest in:	Portfolio (What goes into the portfolio)	Interview (Estimated duration & possible topics/ questions covered)
Health Management & Promotion	<p>Health Management & Promotion events or activities such as:</p> <ul style="list-style-type: none"> • Relevant CCAs • Engagement in relevant competitions/ courses/events/ workshops • Relevant hobbies • Exhibit confidence in articulating the application of relevant skills/ knowledge 	<ul style="list-style-type: none"> • Service-learning projects on health promotion • CCAs in uniformed groups or those that involve service-learning • Local or overseas conferences in the fields of health and fitness • Volunteer/work experience at <ul style="list-style-type: none"> · Nursing Homes · Special Schools · Hospitals · Senior Activity Centres or Active Aging Centres · Health Screening or promoting centre · Health related jobs, events or companies · Other healthcare organizations • Health or community service-related activities • Achievements such as the National Youth Achievement Award, EAGLES Award, Edusave Awards • Ability to relate positively as a participant or leader for school or Service Learning Projects 	<ul style="list-style-type: none"> • Duration: 10-15 minutes • Knowledge about the course • Participation or leadership in health related programmes in or outside school • Achievements related to field of study • Learning points from past service-learning experiences • Reasons for applying to the course • Achievements/ credentials related to the field of health • Pre-existing medical conditions • Character/disposition
Health Services Management	<ul style="list-style-type: none"> • Participation in relevant CCAs 	<ul style="list-style-type: none"> • CCAs such as Red Cross, St John Ambulance Brigade, uniform groups 	<ul style="list-style-type: none"> • Duration: 10-15 minutes • Knowledge about the course

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	<ul style="list-style-type: none"> • Engagement in relevant competitions/courses/events/workshops • Relevant hobbies • Exhibit confidence in articulating the application of relevant skills/knowledge 	<ul style="list-style-type: none"> • Local or overseas conferences in the fields of health • Volunteer work at nursing homes, special schools, Institute of Mental Health, hospitals, Senior Activity Centres or Day Care Centres • Achievements such as the National Youth Achievement Award • Work experience in: <ul style="list-style-type: none"> o Clinics o Hospitals o Other healthcare organisations o Health screening or promoting centre • Service-learning projects related to healthcare • Health related jobs, events or companies • Ability to relate positively as a participant or leader for school programmes • EAGLES Award • Edusave Character Award • Edusave Skills Award • Edusave scholarships for government, government-aided and specialised schools 	<ul style="list-style-type: none"> • Participation or leadership in any health related programmes in or outside school • Achievements related to this field • Learning point from past service-learning experiences • Reason for applying to the course • Achievements/credentials related to the field of health • Pre-existing medical conditions • Character/disposition
Outdoor & Adventure Learning	<ul style="list-style-type: none"> • Participation in relevant CCAs • Engagement in relevant competitions/courses/events/workshops • Relevant hobbies 	<ul style="list-style-type: none"> • CCAs such as uniform groups, outdoor activities, and environment clubs • Outdoor adventure activities • Nature walks/eco-tours • Service learning programmes 	<ul style="list-style-type: none"> • Duration: 10-15 minutes • Knowledge about the course • Ability to relate positively as a participant or leader in outdoor programmes

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	<ul style="list-style-type: none"> Exhibit confidence in articulating the application of relevant skills/ knowledge 	<ul style="list-style-type: none"> Involvement in sports, particularly in climbing, kayaking, swimming, and abseiling Involvement in eco-literacy, outdoor, adventure or leadership events Relevant ApLMs*: Developing Outdoor and Adventure Learning Activity Achievements such as the National Youth Achievement Award Work experience as: <ul style="list-style-type: none"> Sports coach Outdoor educator Camp instructor Facilitator Guide 	<ul style="list-style-type: none"> Reflection and learning points on outdoor experiences Reason for applying to the course Fear of water and/or height Colour blindness Pre-existing medical conditions
Sport Coaching	<ul style="list-style-type: none"> Participation in relevant CCAs Engagement in relevant competitions/ courses/events/ workshops Relevant hobbies Exhibit confidence in articulating the application of relevant skills/ knowledge for sport coaching 	<ul style="list-style-type: none"> Testimonials, and/or certificates related to CCAs (such as uniform groups, sports), sports (outside of school), and/or sport coaching. E.g. Singapore Schools Sports Council Colours Awards, Sports Club representation, and SG Coach Level 1 Testimonials, and/or certificates related to participation in leadership and/or service-learning programmes in or out of school. E.g. National Youth Achievement Award Gold and EAGLES Award Testimonials, certificates related to participation in internship, volunteerism and/or part-time work experience in sports-related fields. E.g. Sports Volunteer with Team Nila, part-time work, or internship with ActiveSG Academies or other community-based sports programmes 	<ul style="list-style-type: none"> Duration: 15 minutes Knowledge about the course Knowledge about the career path and progression of a sport coach Current affairs related to the field of sports Reason for applying to the course Participation or leadership in sports-related programmes in or outside school Character/disposition Achievements/ credentials related to the field of sports

Current Course Title	Demonstrates Passion or Interest in:	Portfolio (What goes into the portfolio)	Interview (Estimated duration & possible topics/ questions covered)
		<ul style="list-style-type: none"> Relevant ApLMs*: Sports Psychology: The Winning Edge 	
Sport & Exercise Science	<ul style="list-style-type: none"> Participation in relevant CCAs Engagement in relevant competitions/courses/events/workshops Relevant hobbies Exhibit confidence in articulating the application of relevant skills/knowledge for sport and exercise science 	<ul style="list-style-type: none"> Testimonials, and/or certificates related to CCAs (such as uniform groups, sports), sports (outside of school), and/or sport and exercise science. E.g. Singapore Schools Sports Council Colours Awards, Sports Club representation, and SG Coach Level 1 Testimonials, and/or certificates related to participation in leadership and/or service-learning programmes in or out of school. E.g. NYAA Gold and EAGLES Award Testimonials, and/or certificates related to participation in internship, volunteerism and/or part-time work experience in sports-related fields. E.g. Sports Volunteer with Team Nila, part-time work, or internship with ActiveSG Academies or other community-based sports programmes Relevant ApLMs*: <ol style="list-style-type: none"> Sports Psychology: The Winning Edge Awareness and Prevention of Sports Injuries 	<ul style="list-style-type: none"> Duration: 15 minutes Knowledge about the course Knowledge about the career path and progression of a sport and exercise science graduate Current affairs related to the field of sports, health, and fitness Reason for applying to the course Participation or leadership in sports-related programmes in or out of school Character/disposition Achievements/credentials related to the field of sports, health or fitness
Common Sports and Health Programme	<ul style="list-style-type: none"> Participation in relevant CCAs Engagement in relevant competitions/courses/events/workshops Relevant hobbies 	<ul style="list-style-type: none"> Testimonials, and/or certificates related to participation in leadership and/or service-learning programmes within and/or outside of school. E.g. National Youth Achievement Award Gold and EAGLES Award, Sports Volunteer with Team Nila, part-time work, or internship with ActiveSG Academies, community-based sports programmes, and outdoor camps Relevant ApLMs*: <ol style="list-style-type: none"> Developing Outdoor and Adventure Learning Activity 	<ul style="list-style-type: none"> Duration: 15 minutes Reason for applying to the course Participation or leadership in any sports and health related programme in or out of school Character/disposition

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	<ul style="list-style-type: none"> • Exhibit confidence in articulating the application of relevant skills/ knowledge 	<ol style="list-style-type: none"> 2. Sports Psychology: The Winning Edge 3. Awareness and Prevention of Sports Injuries <ul style="list-style-type: none"> • Achievements such as the National Youth Achievement Award • CCAs such as uniform groups, outdoor activities, environment clubs, Red Cross, St John Ambulance Brigade, sports (outside of school), sport coaching, and Sports Club representation • Participation in local or overseas events related to sports and health • Volunteer work related to sports and health 	<ul style="list-style-type: none"> • Achievements/ credentials related to the field of sports and health • Knowledge about the courses offered by SHL

*Applied Learning Modules (ApLMs) are conducted in the same way as all our regular diplomas. The programme helps secondary school students make informed decisions about education and career plans after their graduations.

For more information, visit <https://www.rp.edu.sg/teachers/APLMS>
