

# WHAT ARE WE LOOKING FOR?

## SCHOOL OF SPORTS, HEALTH AND LEISURE (SHL)

- Dream of seeing things not as they are, but what they can be?
- 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 and possible topics/ questions covered)
<b>Integrated Community Care</b>	<ul style="list-style-type: none"> <li>• Participation in relevant CCAs</li> <li>• Engagement in relevant competitions/ courses/events/ workshops</li> <li>• Relevant hobbies</li> <li>• Exhibit confidence in articulating the application of relevant skills/knowledge</li> </ul>	<ul style="list-style-type: none"> <li>• CCAs such as Red Cross, St John Ambulance Brigade, uniform groups</li> <li>• Local or overseas conferences in the fields of health</li> <li>• Volunteer work at nursing homes, special schools, Institute of Mental Health, hospitals, Senior activity centres or day care centres</li> <li>• Achievements such as the National Youth Achievement Award</li> </ul> <p>Work experience in:</p> <ul style="list-style-type: none"> <li>◦ Clinics</li> <li>◦ Hospitals</li> <li>◦ Other healthcare organisations</li> <li>◦ Health screening or promotion centre</li> </ul> <ul style="list-style-type: none"> <li>• Service-learning projects related to healthcare</li> <li>• Health related jobs, events or companies</li> <li>• Ability to relate positively as a participant or leader for school programmes</li> <li>• EAGLES Award</li> <li>• Edusave Character Award</li> <li>• Edusave Skills Award</li> </ul>	<ul style="list-style-type: none"> <li>• Duration: 10 - 15 minutes</li> <li>• Knowledge about the course</li> <li>• Participation or leadership in any health related programmes in or outside school</li> <li>• Achievements related to this field</li> <li>• Learning points from past service-learning experiences</li> <li>• Reason for applying to the course</li> <li>• Achievements/ credentials related to the field of health</li> <li>• Pre-existing medical conditions</li> <li>• Character/disposition</li> </ul>

Current Course Title	Demonstrates Passion or Interest in:	Portfolio (What goes into the portfolio)	Interview (Estimated duration and possible topics/questions covered)
		<ul style="list-style-type: none"> <li>Edusave scholarships for government, government-aided, and specialised schools</li> </ul>	
<b>Outdoor Education</b>	<ul style="list-style-type: none"> <li>Participation in relevant CCAs</li> <li>Engagement in relevant competitions/courses/events/workshops</li> <li>Relevant hobbies</li> <li>Exhibit confidence in articulating the application of relevant skills/knowledge</li> </ul>	<ul style="list-style-type: none"> <li>CCAs such as uniform groups, outdoor activities, and environment clubs</li> <li>Outdoor adventure activities</li> <li>Nature walks/eco-tours</li> <li>Service-learning programmes</li> <li>Involvement in sports, particularly in climbing, kayaking, swimming, and abseiling</li> <li>Involvement in eco-literacy, outdoor, adventure or leadership events</li> <li>Relevant ApLMs*: <ul style="list-style-type: none"> <li>1. Developing Outdoor and Adventure Learning Activity</li> </ul> </li> <li>Achievements such as the National Youth Achievement Award</li> <li>Work experience as: <ul style="list-style-type: none"> <li>Sports coach</li> <li>Outdoor educator</li> <li>Camp instructor</li> <li>Facilitator</li> <li>Guide</li> <li>Youth worker</li> <li>Special needs educator</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Duration: 10 - 15 minutes</li> <li>Knowledge about the course</li> <li>Ability to relate positively as a participant or leader in outdoor programmes</li> <li>Reflection and learning points on outdoor experiences</li> <li>Reason for applying to the course</li> <li>Fear of water and/or height</li> <li>Colour blindness</li> <li>Pre-existing medical conditions</li> </ul>

Current Course Title	Demonstrates Passion or Interest in:	Portfolio (What goes into the portfolio)	Interview (Estimated duration and possible topics/ questions covered)
<b>Sport Coaching</b>	<ul style="list-style-type: none"> <li>• Participation in relevant CCAs</li> <li>• Engagement in relevant competitions/ courses/events/ workshops</li> <li>• Relevant hobbies</li> <li>• Exhibit confidence in articulating the application of relevant skills/knowledge</li> </ul>	<ul style="list-style-type: none"> <li>• 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)</li> <li>• 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)</li> <li>• 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)</li> <li>• Relevant ApLMs*: Sports <ul style="list-style-type: none"> <li>• Psychology: The Winning Edge</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Duration: 10 - 15 minutes</li> <li>• Knowledge about the course</li> <li>• Ability to relate positively as a participant or leader in outdoor programmes</li> </ul>
<b>Sport &amp; Exercise Science</b>	<ul style="list-style-type: none"> <li>• Participation in relevant CCAs</li> <li>• Engagement in relevant competitions/ courses/events/ workshops</li> <li>• Relevant hobbies</li> <li>• Exhibit confidence in articulating the application of relevant skills/knowledge</li> </ul>	<ul style="list-style-type: none"> <li>• 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)</li> <li>• 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)</li> </ul>	<ul style="list-style-type: none"> <li>• Duration: 15 minutes</li> <li>• Knowledge about the course</li> <li>• Knowledge about the career path and progression of a sport and exercise science graduate</li> <li>• Current affairs related to the field of sports, health, and fitness</li> <li>• Reason for applying to the course</li> </ul>

Current Course Title	Demonstrates Passion or Interest in:	Portfolio (What goes into the portfolio)	Interview (Estimated duration and possible topics/questions covered)
	<ul style="list-style-type: none"> <li>• Participation in relevant CCAs</li> <li>• Engagement in relevant competitions/courses/events/workshops</li> <li>• Relevant hobbies</li> <li>• Exhibit confidence in articulating the application of relevant skills/knowledge</li> </ul>	<ul style="list-style-type: none"> <li>• 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)</li> <li>• Relevant ApLMs*: <ul style="list-style-type: none"> <li>◦ Sports Psychology: The Winning Edge</li> <li>◦ Awareness and Prevention of Sports Injuries</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Participation or leadership in sports-related programmes in or out of school</li> <li>• Character/disposition</li> <li>• Achievements/credentials related to the field of sports, health or fitness</li> </ul>
<p><b>Sports &amp; Health</b></p> <p><b>with majors in:</b></p> <ul style="list-style-type: none"> <li>◦ Health Coaching</li> <li>◦ Sports Management</li> </ul>	<ul style="list-style-type: none"> <li>• Participation in relevant sports and/or health related CCAs</li> <li>• Engagement in relevant sports and/or health competitions/courses/events/workshops</li> <li>• Relevant hobbies</li> <li>• Exhibit confidence in articulating the application of relevant skills/knowledge</li> </ul>	<ul style="list-style-type: none"> <li>• Sports and/or health Service-learning projects</li> <li>• CCAs in uniformed groups or those that involve service learning</li> <li>• Local or overseas conferences in the fields of sports and/or health</li> <li>• Volunteer work at nursing homes, special schools, hospitals, Active Aging Centers, sports association/CCAs, etc.</li> <li>• Sports and/or health related activities</li> <li>• Achievements such as the National Youth Achievement Award, EAGLES Award, Edusave Awards</li> <li>• Work experience at: <ul style="list-style-type: none"> <li>◦ Clinics</li> <li>◦ Hospitals</li> <li>◦ Other healthcare organisations</li> <li>◦ Health screening or promoting centre</li> <li>◦ Sports and/or Health related jobs, events or companies</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Duration: 10 - 15 minutes</li> <li>• Knowledge about the course</li> <li>• Participation or leadership in sports and/or health-related programmes in or outside school</li> <li>• Achievements related to field of study</li> <li>• Learning points from past service-learning</li> <li>• Reason for applying to the course</li> <li>• Achievements/credentials related to the field of sports and/or health</li> <li>• Pre-existing medical conditions</li> <li>• Character/disposition experiences</li> </ul>

Current Course Title	Demonstrates Passion or Interest in:	Portfolio (What goes into the portfolio)	Interview (Estimated duration and possible topics/questions covered)
		<ul style="list-style-type: none"> <li>◦ Gyms</li> <li>◦ National Sports Associations (NSAs)</li> <li>◦ Involvement in sports related activities or association</li> <li>• Ability to relate positively as a participant or leader for school or Service-Learning Projects</li> </ul>	
<p><b>Common Sports and Health Programme</b></p>	<ul style="list-style-type: none"> <li>• Participation in relevant CCAs</li> <li>• Engagement in relevant competitions/courses/events/workshops</li> <li>• Relevant hobbies</li> <li>• Exhibit confidence in articulating the application of relevant skills/knowledge</li> </ul>	<ul style="list-style-type: none"> <li>• 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</li> <li>• Relevant ApLMs*: <ul style="list-style-type: none"> <li>◦ Developing Outdoor and Adventure Learning Activity</li> <li>◦ Sports Psychology: The Winning Edge</li> <li>◦ Awareness and Prevention of Sports Injuries</li> </ul> </li> <li>• Achievements such as the National Youth Achievement Award</li> <li>• CCAs such as uniform groups, outdoor activities, environment clubs, Red Cross, St John Ambulance Brigade, sports (outside of school), sport coaching</li> <li>• Sports Club representation</li> <li>• Participation in local or overseas events related to sports and health</li> <li>• Volunteer work related to sports and health</li> </ul>	<ul style="list-style-type: none"> <li>• Duration: 15 minutes</li> <li>• Reason for applying to the course</li> <li>• Participation or leadership in any sports and health related programme in or out of school</li> <li>• Character/disposition</li> <li>• Achievements/credentials related to the field of sports and health</li> <li>• Knowledge about the courses offered by SHL</li> </ul>

Current Course Title	Demonstrates Passion or Interest in:	Portfolio (What goes into the portfolio)	Interview (Estimated duration and possible topics/questions covered)
		<ul style="list-style-type: none"> <li>• Sports Club representation</li> <li>• Participation in local or overseas events related to sports and health</li> <li>• Volunteer work related to sports and health</li> </ul>	

\*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>