

School of
**Sports, Health
and Leisure**



More Purpose
More Drive

BE SO MUCH MORE

#DiscoverRP

DID YOU COME WITH HIGH EXPECTATIONS?

WE'LL MEET THEM, AND MORE.

DISCOVER



WIDE RANGE OF PROGRAMMES

Select from a variety of full-time diploma and lifelong learning courses from our 7 Schools



100% INTERNSHIP

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



STATE-OF-THE-ART FACILITIES

Resources that add to the top-notch experience here

At RP, you'll find a nurturing, student-centric environment that helps you learn holistically. Beside each and every student is a mentor, there to guide you throughout your journey with us — and what a journey it promises to be!

With RP's Problem-based Learning approach, you'll soon realise you're more than able to solve whatever challenges get thrown your way. Transforming problems into possibilities? We'll open your eyes.

You'll embark on a comprehensive enhanced internship programme which will give you a head start in your career.

Look forward to achieving your dreams at RP, as lifelong learning is a journey and we are here to help you develop your potential. Our suite of lifelong learning courses will quench your thirst for learning, strengthen your skillsets and lead you to acquire new ones to stay relevant in this ever-evolving world.

Discover your potential, achieve your dreams and embrace a transformative experience at RP because we're so much more.

A distinctive and rigorous curriculum ensures that you are more than ready to shine in your chosen career. But we know you're looking beyond robust instruction, so you might be further enticed by our:



OVERSEAS STUDY TRIPS

A whole world waiting to be explored and to learn from



>80 CO-CURRICULAR ACTIVITIES

Indulge your interests or try something new



COMMUNITY-BASED PROJECTS

Reach out and discover Singapore from a different perspective



3 ACCLAIMED ARTS & MUSIC FESTIVALS

Held yearly to expand your cultural horizons

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ABOUT SCHOOL OF

SPORTS, HEALTH AND LEISURE

GO WHERE YOUR ENERGY FLOWS

SHL trains you to be a well-rounded professional in the domain of healthy living. Our comprehensive range of courses encompasses:

- Health Management & Promotion
- Health Services Management
- Outdoor & Adventure Learning
- Sport & Exercise Science
- Sport Coaching

Our team of experts will challenge your abilities and charge up your mental and physical stamina. We'll bring out the best in you, so that you can do more and achieve more. Whether it is joining the ranks of our country's sports stars in the international arena or providing fitness and wellness services in the burgeoning industry, you will find fresh purpose for your talent and opportunities for a fulfilling career.

Love the active life?

Longing to be outdoors?

You'll thrive in RP School of Sports, Health and Leisure (SHL) as you pursue your passion in the health and wellness sectors.

Revel in a learning environment that's stimulating and always fun. Gain insights into the science of sport, learn to manage health services and acquire the technique of inspiring others. With exciting internships and excursions abroad, you'll be exercising both your body and brain. SHL works closely with leading industry stakeholders, including Sport Singapore, the Health Promotion Board and Outward Bound Singapore, to keep you abreast of the latest developments in sports and health management.

Realise your ambitions for a rewarding career in the field — you'll be following in the footsteps of our alumni with their successes in the sports, health and leisure sectors. It's why we're known as one of the leading educators in the sports industry.



HEAR FROM OUR GRADUATES



NGUYEN THI THANH MAI
Diploma in Health Management & Promotion
2020 Graduate
Nanyang Scholarship by Nanyang
Technological University
Diploma Gold Medal Award
REPUBLIC Award 2018
RP Scholarship for two semesters



RP's Problem-based Learning approach has effectively honed my problem-solving and critical thinking skills, which are highly sought after skills in the real working world.

Besides honing my presentation skills, I also developed soft skills such as teamwork and an appreciation for diversity during my time at RP. These have prepared me well for my university studies and my career.

I have learnt the value of not only striving to do well for myself but also to create positive social changes through organising service learning projects and joining RP's entrepreneurship programme.

Throughout my three years in RP, I have developed courage which makes me unafraid of uncertainty and the will to face the challenges ahead."

Mai is currently pursuing a Bachelor of Business at Nanyang Technological University, and concurrently running a start-up which, she has established with her classmate See Jia Xuan during their Entrepreneurship Immersion Programme

at RP. She credits her success to RP's Problem-based Learning approach, which through its emphasis on authentic learning, real-life industry applications and daily presentations, has placed her in good stead to excel in University and career.



SEE JIA XUAN
Diploma in Health Management
& Promotion
2020 Graduate
Inducted in Director's Roll of
Honour for three semesters
Edusave Merit Bursary
REPUBLIC Award 2019
RP Scholarship for two semesters



There were a lot of lessons learnt in my three years in RP, but one of the most unforgettable lessons that I'll always incorporate in my life is to not give up and welcome mistakes! I learnt not to dwell on the unfavourable or negative outcomes as they are just part of life. Mistakes merely prove that we're trying, so don't give up just yet. What truly matters most is that we continue to try our best. Remember that when we look at the bright side, the shadow falls behind us. Most importantly, don't focus on the finish line, just enjoy life as a journey."

Jia Xuan is currently pursuing a Bachelor of Business Management at the Singapore Management University, and concurrently running a start-up which, she has established with her classmate Nguyen Thi Thanh Mai during their Entrepreneurship Immersion Programme at RP. She is very passionate about business as a platform for health

promotion. Having been immersed in business planning and entrepreneurship competitions, while also benefitting from DHMP's authentic and industry relevant curriculum as a student, she looks forward to making a positive impact in the healthcare industry through innovative products and services after her graduation from university.



My education in Health Services Management paved my way in the nursing industry. I have 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

Healthcare Scholarship by the Ministry of Health Holdings

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. With her passion, skills and knowledge, she is primed to be a great asset to the healthcare industry. In keeping up with her passion, Jessalyn is currently pursuing a degree in Nursing at the National University of Singapore.



The problem-based lessons were very flexible, allowing me to study at a comfortable pace. This suits my learning style, which is more kinesthetic 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

Inducted in Director's Roll of Honours for three semesters

REPUBLIC Award 2018

Tharman Shanmugaratnam Book Prize

With a GPA of 3.94, Li Yi is an inspiring role model to her peers. An avid athlete, Li Yi excels in the sporting arena having participated in the 2016 National Wushu and Sanda Championship. Li Yi also represented RP in table-tennis, volunteers at Singapore Sailing Federation events and serves as a track-and-field coach for pre-schoolers at a local athletic club.



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 have had to date. They build great rapport with students and take genuine interest in our lives. I've received valuable guidance from them for my life decisions."

HO YERN YEE

Diploma in Outdoor & Adventure Learning

2019 Graduate

REPUBLIC Award 2018

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. Indeed, Yern Yee's high standard of performance demonstrates how, at RP, one can be so much more.



At RP, the lessons outside the classrooms are ideal for an experiential learner like me as I could hone my skills in critical thinking and communication throughout my learning journey at RP. Through the Diploma in Health Services Management, I could better understand the challenges of an ageing population. The course has also prepared me for the healthcare sector and this has cemented my resolve to joining the public service where I could contribute to the best I can."

KEEFE LAU

Diploma in Health Services Management

2019 Graduate and Valedictorian

Board of Governors' Award for the Most Outstanding Graduate of the Year

Frontier Health Care Group Medal Award

Ngee Ann Kongsi Award for the Most Distinguished Graduate of the Year

Singapore Armed Forces (SAF) Scholarship

Among the slew of awards Keefe has received was the prestigious SAF Scholarship, making him the first poly graduate to achieve it. Keefe shares, "While academic achievement is important, what matters more are the right values and the willingness to serve what is greater than us." It is heartening to hear such words of wisdom from a youth out to transform the world, and it looks like he's on his way there. Keefe is currently pursuing a degree in International Relations and Political Science in London School of Economics.



**BE THE WELLNESS CHAMPION
WHO INSPIRES CHANGE.**



Scan to
find out more
about the
diploma

ABOUT THE DIPLOMA

You believe in an active and healthy lifestyle. Learn how you can make a difference for others in the community too. The Diploma in Health Management & Promotion (DHMP) equips you with all the skills you need to promote holistic well-being throughout the population, from pre-school children and youths to adults and

the elderly. Learn about health promotion strategies and techniques to motivate behavioural change and acquire the expertise to plan, organise, and conduct health-related events. You will also gain the competency to conduct health and fitness assessments and be proficient in workplace safety and health management.

DIPLOMA IN

HEALTH MANAGEMENT & PROMOTION

R43

- Gain a solid foundation in subjects such as psychology, human behaviour, physical activity, and nutrition
- Acquire the expertise to plan, organise and conduct health-related events in the community
- Undergo a 20-week Industry Immersion Programme with a local or overseas organisation such as ActiveSG, the Health Promotion Board, Institute of Mental Health, National Healthcare Group, People's Association, Pun Hlaing International Hospital, SIS:RvI Academy Yangon, and St. Luke's Eldercare. Alternatively, choose to embark on a 20-week Entrepreneurial Immersion Programme to develop beneficial entrepreneurial skills

CAREER OPPORTUNITIES

Explore a fulfilling career in a public health department, healthcare or community-based organisation, corporate staff wellness division, or school. Some potential positions include:

- Allied Health/Community Care Executive
- Corporate Wellness Executive
- Dietetic Assistant
- Health Research Assistant
- Health/Wellness/Wellbeing Coach
- Physical Activity and Fitness Leader
- Public Health/Health Promotion Programme Executive



I have been able to use the knowledge gained from my course to educate and promote holistic healthcare to people across all age groups."

LOH HONG SEN

Diploma in Health Management & Promotion
2018 Graduate
Currently pursuing a Degree in Psychology at
Erasmus University Rotterdam

COURSE STRUCTURE

The course structure consists of general, discipline, specialisation, elective, and freely chosen modules. There is also an industry orientation component.

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
- 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

FREELY CHOSEN MODULES

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

SPECIALISATION MODULES

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

ELECTIVE MODULES

Select one module from the list below:

- Event Design and Experience
- Human Diseases
- Marketing
- Sports and Exercise Prescription
- Wellness and Lifestyle Management

MINIMUM ENTRY REQUIREMENTS

MER for GCE O-Level Holders	GRADE
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English Language	1 – 7
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Mathematics (Elementary/Additional)	1 – 6
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ANY OF THE FOLLOWING SUBJECTS	1 – 6
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- Biology
- Biotechnology
- Chemistry
- Combined Science
- Design & Technology
- Engineering Science
- Food & Nutrition
- Fundamentals of Electronics
- Physical Science
- Physics
- Science (Biology, Chemistry)
- Science (Biology, Physics)
- Science (Chemistry, Physics)

For more information on the admission requirements for NITEC and Higher NITEC holders, please obtain details from www.rp.edu.sg/full-time-courses/dhmp

FURTHER STUDIES

Discover exciting opportunities for further studies!

Graduates can choose to pursue relevant degree programmes at the following top universities:

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



DIPLOMA IN
**HEALTH SERVICES
MANAGEMENT**

R45

- Receive a comprehensive management-oriented training in healthcare administration
- Develop a sound understanding of healthcare policies, practices and processes
- Experience a 20-week Industry Immersion Programme at either a public or private healthcare provider such as National University Hospital, Parkway Shenton, Raffles Medical Group, and Tan Tock Seng Hospital. Our students also intern at Social Service Organisations such as NTUC Eldercare and TOUCH Home Care. Alternatively, choose to go for a 20-week Entrepreneurial Immersion Programme to develop beneficial entrepreneurial skills

A REPUTATION AS A SMOOTH OPERATOR IS A GOOD THING IN HEALTHCARE.



Scan to find out more about the diploma

ABOUT THE DIPLOMA

When it comes to saving lives, medical practitioners depend on hospitals and clinics to run smoothly and efficiently. You can play a role at the heart of the system, as a healthcare administrator par excellence.

The Diploma in Health Services Management (DHSM) prepares you for a career as a management professional. You will gain a firm understanding of

major healthcare policies, practices, and processes. Having been equipped with extensive hands-on training, you will build the confidence to manage core aspects of Singapore's care continuum, from primary to acute to community-based care. Your patients too, can be assured of receiving a comfortable, welcoming experience.

Glide into your niche as a well-rounded healthcare professional with DHSM.

CAREER OPPORTUNITIES

As a DHSM graduate, you will be ready to embark on various roles in numerous healthcare organisations. These include public and private hospitals, specialist medical centres, rehabilitation centres, nursing homes, and clinics:

- Admissions Officer
- Business Office Assistant/Officer
- Care Coordinator Associate
- Case Management Assistant
- Clinic Coordinator
- Corporate Services Assistant
- Executive Assistant (various departments such as Corporate Planning, Finance, Human Resource, Medical Affairs, Medical Disciplines, Operations and Quality)
- Operations Executive/Assistant
- Senior Patient Service Associate/Senior Patient Care Associate
- Social Work Assistant



My three years in this course have fuelled my goal to further establish my career as a healthcare professional. I am set on a path to make meaningful contributions to the health industry."

ELOISE LAI JIA XIN

Diploma in Health Services Management
2021 Graduate
Currently pursuing a Bachelor of Business at the Nanyang Business School at Nanyang Technological University

COURSE STRUCTURE

The course structure consists of general, discipline, specialisation, elective, and freely chosen modules. There is also an industry orientation component.

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

FREELY CHOSEN MODULES

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

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

MINIMUM ENTRY REQUIREMENTS

MER for GCE O-Level Holders

English Language 1 – 7

Mathematics (Elementary/Additional) 1 – 6

ANY OF THE FOLLOWING SUBJECTS 1 – 6

- Biology
- Biotechnology
- Chemistry
- Combined Science
- Design & Technology
- Engineering Science
- Food & Nutrition
- Fundamentals of Electronics
- Physical Science
- Physics
- Science (Biology, Chemistry)
- Science (Biology, Physics)
- Science (Chemistry, Physics)

For more information on the admission requirements for NITEC and Higher NITEC holders, please obtain details from www.rp.edu.sg/full-time-courses/dhsm

FURTHER STUDIES

Discover exciting opportunities for further studies!

Graduates can choose to pursue relevant degree programmes at the following top universities:

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



**NATURE OR NURTURE?
WE NURTURE PEOPLE
THROUGH NATURE.**



Scan to
find out more
about the
diploma

ABOUT THE DIPLOMA

The Diploma in Outdoor & Adventure Learning (DOAL) equips you with a good foundation to launch a professional career in outdoor education. You will become a people-centred professional in outdoor education and outdoor recreation sectors. Designed in tandem with the Singapore Outdoor Education Master Plan, DOAL equips you with the fundamentals of outdoor education with hands-on training in a variety of settings.

programme design, instruction and facilitation to conduct exciting learning adventures. You will leverage sustainability and conservation concepts to care for Gaia in local and global settings and gain people management and outdoor leadership skills to nurture others positively. Armed with the right skills, knowledge and attitude, you will be proficient to execute meaningful outdoor learning experiences.

Get certified in technical skills in kayaking, climbing, abseiling, and challenge course to deliver safe experiences and apply

Transform your love for the outdoors and adventure into a fulfilling career. Your journey as an effective outdoor professional starts with DOAL.

DIPLOMA IN

OUTDOOR & ADVENTURE LEARNING

R33

- Develop people management and leadership skills to lead outdoor activities confidently and independently
- Participate in various industry-related and service-learning projects to plan, organise and conduct outdoor learning programmes
- Go on a 20-week Industry Immersion Programme with a local or overseas organisation such as Camelot, Camp Challenge, Higher Ground Australia, Singapore's Ministry of Education Outdoor Adventure Learning Centres, Outward Bound Singapore, and Outward Bound Taiwan. Alternatively, choose to embark on a 20-week Entrepreneurial Immersion Programme to develop beneficial entrepreneurial skills

CAREER OPPORTUNITIES

The DOAL graduate has options to work in different areas in public and private outdoor organisations. Be engaged in careers in MOE Outdoor Adventure Learning Centres, Outward Bound centres and reputable outdoor organisations in Singapore and the region.

The potential positions for a DOAL graduate include:

- Adventure Tourism Executive
- Outdoor Adventure Educator
- Outdoor Facilities Supervisor
- Outdoor Instructor
- Outdoor Specialist
- Trainer and Instructor



The Problem-based Learning approach taught in my diploma has equipped me with the skills and knowledge to manage everyday challenges better, and to be ready for the ever-changing environment that is an integral part of my job as an outdoor educator.

SASI KUMAR

Diploma in Outdoor & Adventure Learning
2010 Graduate
Currently the Chief Operating Officer at
FOCUS Adventure and Outdoor Adventure

COURSE STRUCTURE

The course structure consists of general, discipline, specialisation, elective, and freely chosen modules. There is also an industry orientation component.

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

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

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

SPECIALISATION MODULES

- Adventure Education
- 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

ELECTIVE MODULES

Select two module from the list below:

- Introduction to Sports Coaching
- Sports Events Management
- Sports Facilities Management
- Sports Policies

MINIMUM ENTRY REQUIREMENTS

MER for GCE O-Level Holders	GRADE
English Language	1 – 6
Mathematics (Elementary/Additional)	1 – 6
ANY THREE OTHER SUBJECTS	1 – 6

In addition, you must have sat for one of the following subjects:

- Art/Art & Design
- Business Studies
- Combined Humanities
- Commerce
- Commercial Studies
- Economics
- Geography
- Higher Art
- Higher Music
- History
- Humanities (Social Studies, Literature in English)
- Humanities (Social Studies, Literature in Chinese)
- Humanities (Social Studies, Literature in Malay)
- Humanities (Social Studies, Literature in Tamil)
- Humanities (Social Studies, History)
- Humanities (Social Studies, Geography)
- 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

For more information on the admission requirements for NITEC and Higher NITEC holders, please obtain details from www.rp.edu.sg/full-time-courses/doal

FURTHER STUDIES

Discover exciting opportunities for further studies!

Graduates can choose to pursue relevant degree programmes at the following top universities:

- Federation University (Australia)
- Monash University (Australia)
- Southampton Solent University (England)
- The University of Queensland (Australia)
- The University of Western Australia (Australia)

For the full listing of entry requirements, visit www.rp.edu.sg/full-time-courses/doal



**BE THE COACH BEHIND A
SUCCESSFUL SPORTSMAN.**



Scan to
find out more
about the
diploma

ABOUT THE DIPLOMA

Designed in consultation with Sport Singapore, you will learn the rudiments of sport coaching through considerable hands-on training in this course.

Through Diploma in Sport Coaching (DSC), you will learn the latest sports

coaching techniques and applications. You will also be adept at the soft skills of communications and athlete and team management, and be an authority on professional ethics. The DSC will empower you as you embark on a rewarding career as a sports coach, instructor or fitness trainer.

DIPLOMA IN

SPORT COACHING

R49

- Acquire a multidisciplinary understanding of sports coaching, spanning both theory and practical skills
- Learn the fundamentals of sports science, psychology and nutrition
- Experience a 20-week Industry Immersion Programme with a local or overseas organisation such as Alpha Gymnastics, Junior Soccer School and League Singapore FC, a National Sports Association, and a private coaching club. Alternatively, choose to go for a 20-week Entrepreneurial Immersion Programme to develop beneficial entrepreneurial skills

CAREER OPPORTUNITIES

DSC graduates benefit from transferable skills and knowledge that can be applied to diverse domains such as sporting institutions, schools, gyms, and recreational clubs. You can also pursue further studies to become a Physical Education teacher. These are some rewarding and fulfilling career options you can look forward to join:

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



This course is everything an aspiring coach needs to be successful in a country growing exponentially in its sports scene. I'm closer to my goal of being a coach because of the industry-relevant modules, and the great mentoring provided by my lecturers!"

LLOYD TAN GUAN YU

Diploma in Sport Coaching
2015 Graduate

Recently graduated with a Bachelor of Science (Honours) in Sports Science & Management at Nanyang Technological University

COURSE STRUCTURE

The course structure consists of general, discipline, specialisation, elective, and freely chosen modules. There is also an industry orientation component.

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

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

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

ELECTIVE MODULES

Select one module from the list below:

- Corporate Wellness
- Health and Wellness
- Sports Policies

MINIMUM ENTRY REQUIREMENTS

MER for GCE O-Level Holders

English Language 1 – 7

Mathematics (Elementary/Additional) 1 – 6

ANY OF THE FOLLOWING SUBJECTS 1 – 6

- Biology
- Biotechnology
- Chemistry
- Combined Science
- Design & Technology
- Electronics
- Engineering Science
- Food & Nutrition
- Fundamentals of Electronics
- Physical Science
- Physics
- Science (Biology, Chemistry)
- Science (Biology, Physics)
- Science (Chemistry, Physics)

For more information on the admission requirements for NITEC and Higher NITEC holders, please obtain details from www.rp.edu.sg/full-time-courses/dsc

FURTHER STUDIES

Discover exciting opportunities for further studies!

Graduates can choose to pursue relevant degree programmes at the following top universities:

- Monash University (Australia)
- Southampton Solent University (England)
- The University of Adelaide (Australia)
- The University of Queensland (Australia)
- The University of Western Australia (Australia)



**DRIVE THE SCIENCE
THAT SUPPORTS THE
SPORTS INDUSTRY.**



Scan to
find out more
about the
diploma

ABOUT THE DIPLOMA

A whole spectrum of opportunity awaits, from fitness training and physical activity, to sports rehabilitation and scientific research in the commercial, public, welfare, and uniformed group sectors. With a Diploma in Sport & Exercise Science (DSES), you're on track to becoming an integral part of an effective sports science team.

Play a crucial role in developing Singapore's growing sports industry — as

a skilled practitioner, you will be able to support community sports and athletes. Find out about human physiology, psychology, anatomy, biomechanics, and exercise prescription, learn how the human body works during exercise and discover why physical activity is vital for healthy living. Taking a scientific approach to sports and exercise will give you the confidence to maximise impact for your clients.

DIPLOMA IN

SPORT & EXERCISE SCIENCE

R26

- Gain multidisciplinary knowledge spanning different areas of sport and exercise science
- Acquire practical sports science skills to meet the needs of the sports, fitness, wellness, and health industries
- Participate in a 20-week Industry Immersion Programme with a local or overseas organisation such as Huu Nhan Rehabilitation Clinic, a National Sports Association, or an established private organisation such as Fitness First and SAFRA EnergyOne. Alternatively, choose to go for a 20-week Entrepreneurial Immersion Programme to develop beneficial entrepreneurial skills

CAREER OPPORTUNITIES

Aim high after you graduate as you can look forward to exploring a myriad of opportunities in the sports, fitness, wellness and health industries. Enjoy challenging roles at fitness centres and specialist gyms, sports retail shops, sports associations, and sports institutions.

Career options include:

- Allied Educators with the Ministry of Education
- Exercise Specialist
- Fitness Trainer
- High Performance Executive
- Rehabilitation Assistant
- Sports Development Officer
- Sports Trainer



Guided by my lecturers at SHL, I have become a competent and confident individual with the drive to excel and succeed. My education at RP has equipped me with relevant skills and knowledge to contribute to the local sports industry."

CHUA KWEE HAO TERRENCE

Diploma in Sport & Exercise Science

2014 Graduate

Currently a Strength and Conditioning Coach at Singapore Sport Institute

COURSE STRUCTURE

The course structure consists of general, discipline, specialisation, elective, and freely chosen modules. There is also an industry orientation component.

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

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

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

ELECTIVE MODULES

Select one module from the list below:

- Corporate Wellness
- Exercise Science Portfolio Development
- Sports Policies

MINIMUM ENTRY REQUIREMENTS

MER for GCE O-Level Holders	GRADE
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English Language	1 – 7
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Mathematics (Elementary/Additional)	1 – 6
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ANY OF THE FOLLOWING SUBJECTS	1 – 6
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- Biology
- Biotechnology
- Chemistry
- Combined Science
- Design & Technology
- Electronics
- Engineering Science
- Food & Nutrition
- Fundamentals of Electronics
- Physical Science
- Physics
- Science (Biology, Chemistry)
- Science (Biology, Physics)
- Science (Chemistry, Physics)

For more information on the admission requirements for NITEC and Higher NITEC holders, please obtain details from www.rp.edu.sg/full-time-courses/dses

FURTHER STUDIES

Discover exciting opportunities for further studies!

Graduates can choose to pursue relevant degree programmes at the following top universities:

- Deakin University (Australia)
- Monash University (Australia)
- The University of Adelaide (Australia)
- The University of Queensland (Australia)
- The University of Western Australia (Australia)
- Nanyang Technological University (Singapore)
- Singapore Institute of Technology (Singapore)



COMMON SPORTS AND HEALTH PROGRAMME

R63

ALWAYS HAD A PASSION IN SPORTS AND HEALTH, BUT CAN'T QUITE DECIDE WHICH AREA SUITS YOU BEST? JOIN THE COMMON SPORTS AND HEALTH PROGRAMME (CSHP) TO FIND OUT.

- With more time to explore, you can discover your interests and passion
- Gain insights to different disciplines of health and wellness
- Choose from five SHL diplomas

ABOUT THE PROGRAMME

Conducted during the first semester in the first year of study, you will embark on a journey to explore holistic health and wellness management with sports elements. You will also learn how to customise health and physical activities that cater to people at different stages of life. Through the CSHP, you will be introduced to a variety of career options from the sports and health industry, guiding you to select your preferred diploma specialisation from any of the following SHL diplomas to continue with your studies:

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

MINIMUM ENTRY REQUIREMENTS

MER for GCE O-Level Holders	GRADE
-----------------------------	-------

English Language	1 – 7
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Mathematics (Elementary/Additional)	1 – 6
-------------------------------------	-------

ANY OF THE FOLLOWING SUBJECTS	1 – 6
-------------------------------	-------

Biology, Biotechnology, Chemistry, Combined Science, Design & Technology, Food & Nutrition, Electronics/Fundamentals of Electronics, Physics/Engineering Science, Science (Biology, Chemistry), Science (Biology, Physics), Science (Chemistry, Physics)/Physical Science



Scan to find out more about the programme

CAREER OPPORTUNITIES

Aim high after you graduate as you can look forward to exploring a myriad of opportunities in the sports, outdoors fitness, wellness, and health industries. Enjoy challenging roles at fitness centres and specialist gyms, adventure learning centres, sports retail shops, sports associations, and sports institutions.

Career options include:

- Allied Educators with the Ministry of Education
- Exercise Specialist
- Fitness Trainer
- High Performance Executive
- Outdoor Educator
- Rehabilitation Assistant
- Sports Development Officer
- Sports Trainer

COURSE STRUCTURE

GENERAL MODULES

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

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

For the full listing of entry requirements, visit www.rp.edu.sg/full-time-courses/cshp

Note: Students admitted to the Common Sports and Health Programme (R63) must ensure that they satisfy the requirements of the respective diplomas before they can be streamed to the respective courses. Students opting to stream into the Diploma in Outdoor & Adventure Learning (R33) must fulfil the minimum entry requirements for the diploma, which include meeting the subject specific grades and the required aggregate score.

