



School of Sports and Health

www.rp.edu.sg/ssh

Experience the excitement of sport and health at RP School of Sports and Health (SSH), Singapore's only dedicated polytechnic sport school. Here, you can pursue diploma programmes in sport and exercise science, sport management, sport coaching, outdoor education, health coaching, and community care. With our state-of-the-art facilities and Adventure Learning Centre, you will find a unique environment for aspiring sport, health and adventure professionals like you.

- Common Sports and Health Programme
- Diploma in Integrated Community Care
- Diploma in Outdoor Education
- Diploma in Sport Coaching
- Diploma in Sport & Exercise Science
- Diploma in Sports & Health

Common Sports and Health Programme

R63

Enjoy the flexibility! Take up to a year to decide the right diploma for yourself at the School of Sports and Health (SSH).

Stay flexible and keep your options open as you explore exciting opportunities at SSH. In your first semester, the Common Sports and Health Programme will introduce you to the dynamic fields of sports, health, and wellness. Explore our diverse diploma offerings and gain a clear overview of your educational options. You are bound to find the course that is perfect for you.

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



What you will learn

General Modules

- Critical Thinking and Problem Solving Skills
- Designing Your Impact
- Designing Your Life (Future-Ready I)
- Designing Your Life (Personal Growth I)
- Effective Workplace Communication
- Innovation and Practice
- Singapore, the World and I

Discipline Modules

- Biopsychosocial Aspects of Ageing
- Inclusive Physical Activity
- Introduction to Experiential Education
- Physical Activities for Youth and Adults

You will opt for one of the following diploma/clusters at the end of semester 1:

- Integrated Community Care (R45)
- Outdoor Education (R33)
- Sport Coaching (R49)
- Sport & Exercise Science (R26)
- Sports & Health (R43)
- *Health Cluster*
- *Sports Cluster*

Semester 2

If you choose to enter the **Health Cluster**, you will complete the following modules:

- Data Analytics for Population Health
- Health Promotion
- Introduction to Community Care

You will opt for one of the following diplomas at the end of semester 2:

- Integrated Community Care (R45)
- Sports & Health (R43)

If you choose to enter the **Sports Cluster**, you will complete the following modules:

- Foundations of Kinesiology
- Introduction to Sport Coaching
- Sport and Exercise Nutrition
- Sports and Exercise Psychology

You will opt for one of the following diplomas at the end of semester 2:

- Sport Coaching (R49)
- Sport & Exercise Science (R26)



"Through this course, I've gained a good grasp of various sports and health modules, helping me identify the diploma that best suits me within the School of Sports and Health."

MOHAMAD ADI PUTRA BIN MOHAMAD AZMAN, Year 1 Student



Diploma in Integrated Community Care R45

Prepare to become a Community Care professional dedicated to designing and implementing impactful programmes and services that promote community health and well-being.

The Diploma in Integrated Community Care equips you with the essential knowledge and skills to manage holistic, patient-centred care across a variety of community settings. Through collaboration with other healthcare professionals, you will be able to address the diverse needs of communities, enhancing overall well-being and promoting better health outcomes.

- Acquire relevant skills in needs assessments, volunteer management and specialisation areas such as financing for healthcare, quality management and healthcare operations
- Upon completing the Silver Generation Ambassador Training in Year 2, you will be certified by the Agency for Integrated Care as a Silver Generation Ambassador, ready to support Singapore's ageing population
- Gain real-world and inspiring experience through a 20-week internship with prominent healthcare organisations such as Kwong Wai Shiu Hospital and St. Luke's Community Hospital, as well as Active Ageing Centres, Community Care Providers, Nursing Homes, Polyclinics, Restructured Hospitals, and Social Service Agencies

What you will learn

General Modules

- Critical Thinking and Problem Solving Skills
- Designing Your Impact
- Designing Your Life (Future-Ready I)
- Designing Your Life (Future-Ready II)
- Designing Your Life (Personal Growth I)
- Designing Your Life (Personal Growth II)
- Effective Workplace Communication
- Innovation and Practice
- Singapore, the World and I

Discipline Modules

- Biological Systems
- Biopsychosocial Aspects of Ageing
- Case Management
- Chronic Disease Management
- Community and Social Care
- Data Analytics for Population Health
- Financial Statistics in Healthcare
- Healthcare Operations Management
- Health Ethics and Law
- Health Promotion
- Health Psychology and Sociology of Illness and Health
- Inclusive Physical Activity
- Integrated Community Care
- Introduction to Community Care
- Introduction to Experiential Education
- Needs Assessment
- Physical Activities for Youth and Adults
- Quality Management in Healthcare

Elective Modules

Customise your learning pathways by selecting **ONE** of the following options:

Option A: Select Elective Modules totalling 12 Modular Credits (MCs) from the List of Electives below and/or from the list of modules in applicable Minor Programmes

Option B: Select a Minor Programme

Option C: Select a CET-based Certificate programme and/or Elective Module(s) from the List of Electives below or from the list of modules in applicable Minor programmes (only for eligible students)

List of Electives:

- Foundations of Kinesiology
- Introduction to Sports Coaching
- Sports and Exercise Nutrition
- Sports and Exercise Psychology

Industry Orientation Programme Modules

One-Semester Industry Immersion Programme

- Project

And select one module from the list below:

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

Career Opportunities

You can pursue a career in the following industries:

- Acute care – hospitals and specialty centres
- Community care – active ageing centres, 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
- Healthcare Data Analysis Associate
- Operation Management Officer
- Patient Care Navigator
- Quality Management Assistant
- Volunteer Coordinator



Scan to learn more



"Pursuing this diploma has provided me with valuable insights into the healthcare industry. I have developed a deep understanding of the importance of delivering quality care, especially for Singapore's ageing population. The knowledge and skills I've gained were instrumental in helping me complete my Final Year Project, which focused on the elderly in Singapore, and proved beneficial during my internship at a health screening clinic."

RESHMA D/O KALAI SELVAN, 2023 Graduate

Diploma in Outdoor Education R33

The only diploma in Singapore that develops experiential educators – where you transform your love for the outdoors into a fulfilling career!

The Diploma in Outdoor Education develops people-centred professionals for outdoor education, special needs and youth sectors. You will learn essential teaching skills including programme design, instruction, and facilitation. Additionally, you will develop environmental skills such as landscape interpretation, environmental studies, and biodiversity; as well as people skills like youth development and outdoor leadership.



- Develop interdisciplinary skills and knowledge relating to teaching, environment and people through hands-on learning such as experiential learning, skill practices, and field trips
- Acquire relevant industry certifications in abseiling, climbing, kayaking, orienteering, and risk management
- Gain meaningful work experience through a 20-week internship and work attachment with organisations such as Boys' Town, Camp Challenge, Ministry of Education Outdoor Adventure Learning Centres, NParks, Pathlight School, Outward Bound Taiwan, and Outward Bound Vietnam. There is even a 36-week internship with Outward Bound Singapore

What you will learn

General Modules

- Critical Thinking and Problem Solving Skills
- Designing Your Impact
- Designing Your Life (Future-Ready I)
- Designing Your Life (Future-Ready II)
- Designing Your Life (Personal Growth I)
- Designing Your Life (Personal Growth II)
- Effective Workplace Communication
- Innovation and Practice
- Singapore, the World and I

Discipline Modules

- Biodiversity in Singapore
- Biopsychosocial Aspects of Ageing
- Challenge Course Management
- Expedition Principles, Practices and Management
- Foundations of Adventure Education
- Foundations of Environmental Studies
- Inclusive Physical Activity
- Instruction and Facilitation in Experiential Education
- Introduction to Experiential Education
- Introduction to Sport Coaching
- Landscape Interpretation
- Outdoor Leadership
- Outdoor Skills: Climb and Abseil
- Outdoor Skills: Land-based
- Outdoor Skills: Water-based
- Physical Activities for Youth and Adults
- Supervision and Management of Outdoor Programmes
- Youth Outreach & Development

Elective Modules

Customise your learning pathways by selecting **ONE** of the following options:

Option A: Select Elective modules totalling 12 Modular Credits (MCs) from the list of modules in the Minor programmes that are applicable to the Diploma

Option B: Select a Minor programme

Option C: Select a CET-based Certificate programme and/or Elective module(s) from the list of modules in the Minor programmes that are applicable to the Diploma (only for eligible students)

Industry Orientation Programme Modules

Option 1: One-Semester Industry Immersion Programme

- Project

And select one module from the list below:

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

Option 2: Two-Semester Industry Immersion Programme

- Industry Immersion Programme
- Industry Immersion Programme II

Career Opportunities

You can pursue a career in the following industries:

- Adventure education
- Outdoor education
- Outdoor and adventure recreation
- Outdoor and adventure retail
- Special education
- Uniformed services

You can explore potential positions such as:

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



"This course has opened incredible opportunities for me. The programme equipped me with essential hard and soft skills through modules like water and land-based expeditions, climbing, and abseiling. It also enhanced my instructional and facilitation abilities. My internship provided invaluable real-world experience, deepening my passion for outdoor education and shaping my career in this field."

NURUL NAZHURAH BINTE NORAIN, 2024 Graduate

Diploma in Sport Coaching

R49

Become the professional coach behind tomorrow's athletes.

Jumpstart your coaching career with the Diploma in Sport Coaching, developed in consultation with Sport Singapore. Immerse yourself in the fundamentals of sport science, sport pedagogy, and professional coaching practices. This programme is your gateway to mastering the art and science of coaching, setting you on the path to become an exceptional sports coach.



Scan to learn more

- 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

What you will learn

General Modules

- Critical Thinking and Problem Solving Skills
- Designing Your Impact
- Designing Your Life (Future-Ready I)
- Designing Your Life (Future-Ready II)
- Designing Your Life (Personal Growth I)
- Designing Your Life (Personal Growth II)
- Effective Workplace Communication
- Innovation and Practice
- Singapore, the World and I

Discipline Modules

- Biopsychosocial Aspects of Ageing
- Exercise Programming and Assessment
- Foundations of Kinesiology
- Human Motor Control and Development
- Inclusive Physical Activity
- Injury Prevention and Management
- Instructional Strategies for Sports and Games
- Instructional Strategies for Sports and Games II
- Introduction to Experiential Education
- Introduction to Sport Coaching
- Managing Developmental Athletes and Teams
- Physical Activities for Youth and Adults
- Sports and Exercise Nutrition
- Sports and Exercise Prescription
- Sports and Exercise Psychology
- Sports Performance Analytics I
- Sports Performance Analytics II

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

Customise your learning pathways by selecting **ONE** of the following options:

Option A: Select Elective Modules totalling 12 Modular Credits (MCs) from the List of Electives below and/or from the list of modules in applicable Minor Programmes

Option B: Select a Minor Programme

Option C: Select a CET-based Certificate programme and/or Elective Module(s) from the List of Electives below or from the list of modules in applicable Minor programmes (only for eligible students)

List of Electives:

- Data Analytics for Population Health
- Health Promotion
- Introduction to Community Care

Industry Orientation Programme Modules

One-Semester Industry Immersion Programme

- Project

And select one module from the list below:

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

Career Opportunities

You can pursue a career in the following industries:

- Education
- Fitness
- Sports
- Uniformed services

You can explore potential positions such as:

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



"This course was the stepping stone to my dream career as a Physical Education (PE) teacher. The programme not only honed my technical skills in classroom management but also nurtured essential soft skills like public speaking and critical thinking. As a double major student at National Institute of Education, I can confidently say that RP's sport coaching has laid a solid foundation for my journey towards inspiring and nurturing the next generation through PE."

NIGEL TAN JUN JIE, 2020 Graduate

Diploma in Sport & Exercise Science

R26

Unlock the science of exercise, shape the future of sports and elevate your performance!

This diploma combines scientific principles with practical application to give you a strong 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.

Be equipped to thrive and make a meaningful impact in the ever-evolving realm of sports and exercise through evidence-based research and practical experiences.

- Equip yourself with a solid foundation for further studies in related fields such as kinesiology, occupational therapy, physiotherapy, or sports medicine
- Upon your graduation, enjoy direct waivers from SportSG for industry-benchmarked courses such as Basic Exercise Science, Foundational Sports Science, Intermediate Sports Science, and SG-Coach Level 1 Theory
- Gain real-world experience through a 20-week internship with organisations such as Anytime Fitness, Metta School, Singapore Swimming Association, and Singhealth Community Hospitals. You can also explore overseas internships with institutions such as The First & Future Steps Bangkok International School in Thailand

What you will learn

General Modules

- Critical Thinking and Problem Solving Skills
- Designing Your Impact
- Designing Your Life (Future-Ready I)
- Designing Your Life (Future-Ready II)
- Designing Your Life (Personal Growth I)
- Designing Your Life (Personal Growth II)
- Effective Workplace Communication
- Innovation and Practice
- Singapore, the World and I

Discipline Modules

- Biological Systems
- Biopsychosocial Aspects of Ageing
- Exercise Programming and Assessment
- Foundations of Kinesiology
- Human Motor Control and Development
- Inclusive Physical Activity
- Injury Prevention and Management
- Introduction to Experiential Education
- Introduction to Sport Coaching
- Musculoskeletal Anatomy and Kinesiology
- Physical Activities for Youth and Adults
- Sports and Exercise Biomechanics
- Sports and Exercise Nutrition
- Sports and Exercise Physiology
- Sports and Exercise Prescription
- Sports and Exercise Psychology
- Sports Performance Analytics I
- Sports Performance Analytics II

Elective Modules

Customise your learning pathways by selecting **ONE** of the following options:

Option A: Select Elective Modules totalling 12 Modular Credits (MCs) from the List of Electives below and/or from the list of modules in applicable Minor Programmes

Option B: Select a Minor Programme

Option C: Select a CET-based Certificate programme and/or Elective Module(s) from the List of Electives below or from the list of modules in applicable Minor programmes (only for eligible students)

List of Electives:

- Data Analytics for Population Health
- Health Promotion
- Introduction to Community Care

Industry Orientation Programme Modules

One-Semester Industry Immersion Programme

- Project

And select one module from the list below:

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



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



"I am thankful for the sports and exercise science skills I have learnt from my diploma. It was fulfilling to apply those skills during my internship at a nursing home. I exercised with the elderly and assisted them in hydrotherapy sessions, which helped them reduce their pains and improve their functional movement."

RACHEL CHAN LE YING, 2024 Graduate

Diploma in Sports & Health R43

Become a game-changer in Sports Management and Health Coaching.

The Diploma in Sports & Health will equip you with the essential knowledge and skills in the Sports Management and Health Coaching industry. In your first year, you will be introduced to a wide range of sports and health-related modules. By your second year, you will choose a Major in either Sports Management or Health Coaching. By the end of the three-year programme, you will emerge as a sports and/or health advocate, ready to contribute to a healthier Singapore.



- Develop your skills in conceptualising, marketing, and executing sports events at national and community levels with a major in Sports Management
- Acquire competencies in managing sports facilities and promoting physical activity across Singapore
- Gain real-world experience through a 20-week internship with organisations such as ActiveSG, Health Promotion Board, National Healthcare Group, People's Association and St. Luke's Eldercare

What you will learn

General Modules

- Critical Thinking and Problem Solving Skills
- Designing Your Impact
- Designing Your Life (Future-Ready I)
- Designing Your Life (Future-Ready II)
- Designing Your Life (Personal Growth I)
- Designing Your Life (Personal Growth II)
- Effective Workplace Communication
- Innovation and Practice
- Singapore, the World and I

Discipline Modules

- Biopsychosocial Aspects of Ageing
- Data Analytics For Population Health
- Exercise Programming and Assessment
- Foundations of Kinesiology
- Health Promotion
- Inclusive Physical Activity
- Introduction to Community Care
- Introduction to Experiential Education
- Introduction to Sport Coaching
- Physical Activities for Youth and Adults

Major Modules

Major in Health Coaching

- Behaviour Change
- Biological Systems
- Health Management across Lifespan
- Health Psychology
- Introduction to Counselling and Communication
- Marketing
- Nutrition
- Nutrition Care Process

Major in Sports Management

- Event Design and Experience
- Marketing
- Sport Facilities Management
- Sports and Leisure Related Law

- Sports Business
- Sports Events Management
- Sports Policies
- Tourism and Hospitality in the Digital World

Elective Modules

Customise your learning pathways by selecting **ONE** of the following options:

Option A: Select Elective Modules totalling 12 Modular Credits (MCs) from the List of Electives below and/or from the list of modules in applicable Minor Programmes

Option B: Select a Minor Programme

Option C: Select a CET-based Certificate programme and/or Elective Module(s) from the List of Electives below or from the list of modules in applicable Minor programmes (only for eligible students)

List of Electives:

(Only applicable for students transferring from the Sports Cluster)

- Sports and Exercise Nutrition
- Sports and Exercise Psychology

Industry Orientation Programme Modules

One-Semester Industry Immersion Programme

- Project

And select one module from the list below:

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

Career Opportunities

You can pursue a career in the following industries:

Major in Sports Management:

- Community sports
- Fitness
- National Sports Associations (NSAs)
- Sports facilities
- Sports merchandise

Major in Health Coaching:

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

You can explore potential positions such as:

Major in Sports Management:

- Community Sports Executive
- Fitness Instructor/Trainer
- Sport Event/Facility Manager
- Sports Administrator
- Sports Merchandising Manager

Major in Health Coaching:

- Care Coordinator
- Corporate Wellness Executive
- Fitness Coach
- Health & Wellness Coach
- Health Promotion Programme Executive



"This diploma has provided me with extensive knowledge and skills in areas such as physical activity, nutrition and counselling. The programme has also equipped me with the capabilities and understanding needed to coach and mentor students with a more kinesthetic learning style. I'm glad to have effectively applied these skills during a 20-week internship at Northlight School as an assistant teacher in the PE department."

PRESSLEE CHNG, 2024 Graduate