

# Certificate in Fitness Management



The Certificate in Fitness Management provides the skills and knowledge for an individual to be competent in a range of activities and functions requiring autonomous work within a defined range of exercise instruction situations and activities. This certificate will also provide the foundation for all learners looking to pursue higher academic education in the area of sports science and management.

**Entry Requirements**

Age	Minimum 16 years old
Academic Qualification	<ul style="list-style-type: none"> <li>• 3 GCE 'O' Level Passes at C6 and above</li> <li>• NITEC or Higher NITEC; or</li> <li>• Formal education equivalent to GCE 'O' Levels</li> </ul>
English Language Proficiency	<ul style="list-style-type: none"> <li>• GCE 'O' Level Pass in English at C6 and above; or</li> <li>• IELTS 5.0 and above; or</li> <li>• WPLN Literacy Level 5</li> </ul>

**Intake**

Quarterly intake. Please contact IMSC for specific intake dates.

**Course Duration (Full-time)**

Academic Instruction	No. of days per week	5
(3 months)	No. of hours per day	3

The number of hours stated above are subject to change. Students will be eligible for the course as long as they fulfil the requisite number of hours, and successfully complete all the assessments as required of them.

**Course Duration (Part-time)**

Academic Instruction	No. of days per week	3
(6 months)	No. of hours per day	3

The number of hours stated above are subject to change. Students will be eligible for the course as long as they fulfil the requisite number of hours, and successfully complete all the assessments as required of them.

**Delivery Methods**

- Classroom
- Theory
- Practical

**Assessment Methods**

Assessments may take the form of one or more of the following:

- Question and Answer
- Written and/or Oral Examinations
- Panel of workplace presenters/personal trainers
- Simulations
- Practical Demonstrations and Assessments
- Third party report
- Role Plays
- Projects and/or Case Studies
- Observation

### **Recognition of Prior Learning**

Recognition of Prior Learning (RPL) is a process where a candidate may be granted credit or partial credit towards a qualification in recognition of skills and knowledge gained through work experience and/or formal training. For additional information relating to RPL for this course, please contact IMSC.

### **Enrollment**

Contact IMSC at 6423 0668 or [info@imsc.edu.sg](mailto:info@imsc.edu.sg).

### **Course Outline**

Academic Instruction (3 or 6 months)	Total no. of modules	4 modules
	No. of contact hours per module	45 hours
	Total contact hours	4 modules x 45 hours = 180 hours

### **Core Modules**

Module Code	Module Title
ACS201	Basic Sports Science
ACS308	Personal Training
ACM201	Business Management
ACM317	Research & Academic Writing

### **Module Description**

ACS201 – Basic Sports Science	This module is designed to introduce various sports science concepts which will aid learners in their pursuit of other sporting certifications and courses. During this course, learners will be introduced to the basic concepts in the following areas: Human Anatomy and Physiology, Sports Nutrition, Sports Biomechanics, Sports Psychology and Strength & Conditioning.
ACS308 – Personal Training	This module aims to equip learners with the necessary skills to communicate with clients and develop suitable training programmes according to their needs and goals. The learners will also understand the roles and legal responsibilities of a personal trainer.
ACM201 – Business Management	The aim of this module is to develop learners' understanding of businesses types and various external influences on organizations. This unit will also provide information that is essential to help prospective entrepreneurs in setting up their businesses.
ACM317 – Research & Academic Writing	The aim of this unit is to provide learners with an understanding of the main factors influencing the development of the hospitality and tourism industry. Learners will develop the ability to analyse the factors affecting demand within the industry as well as knowledge of the main providers of goods and services in hospitality and tourism.

**Fees**

LOCAL STUDENTS		
Fees Breakdown		Amount including 7% GST (SGD)
<i>Academic Fees</i>		
1	Course Fees	1,712.00
2	Course Material Fees	214.00
3	Examination Fees	428.00
<b>Sub-Total:</b>		<b>2,354.00</b>
<i>Others</i>		
4	Application Fees (non-refundable)	192.60
5	Fee Protection Scheme (FPS) (compulsory)	96.30
6	Medical Insurance (optional)	47.10
<b>Grand Total:</b>		<b>2,690.00</b>
Note: <ul style="list-style-type: none"> <li>• Application Fees (\$192.60) have to be paid to begin the registration process.</li> <li>• Fee Protection Scheme is compulsory and payable before course commencement.</li> <li>• Instalment payment potentially available for local students.</li> <li>• Medical insurance is optional, depending on whether student has equivalent local insurance coverage.</li> </ul>		

INTERNATIONAL STUDENTS		
Fees Breakdown		Amount including 7% GST (SGD)
<i>Academic Fees</i>		
1	Course Fees	2,140.00
2	Course Material Fees	214.00
3	Examination Fees	428.00
<b>Sub-Total:</b>		<b>2,782.00</b>
<i>Others</i>		
4	Application Fees (non-refundable)	385.20
5	Fee Protection Scheme (FPS) (compulsory)	96.30
6	Banker's Guarantee	280.00
7	Medical Insurance (compulsory)	47.10
<b>Grand Total:</b>		<b>3,590.60</b>
Note: <ul style="list-style-type: none"> <li>• Application Fees (\$385.20) have to be paid to begin the registration process.</li> <li>• All items except 4 must be paid in a single instalment before course commencement.</li> </ul>		

MISCELLANEOUS FEES (payable only if applicable)		
Purpose of Fees		Amount including 7% GST (SGD)
1	Deferment Fees	235.40
2	Re-Assessment Fees (per module)	107.00
3	Re-Module Fees (per module)	428.00
4	Penalty for Late Payment (per week)	10.70
5	ICA Online Issuance Fee (for Student's Pass)	90.00
6	Replacement of Student ID	21.40
7	Medical Insurance (if applicable)	96.30
8	IMSC T-Shirt	32.10

## **About IMSC**

The International Management and Sports College (IMSC) was formed after a rebranding exercise undertaken by the International Sports Academy (ISA).

ISA was founded in 2003 to provide the much-needed knowledge and skills required to empower individuals with the right tools to achieve success in the burgeoning sporting industry. Together with our partners from the United States Sports Academy, the Australian Sports Academy, the National Strength and Conditioning Association, and the American Council on Exercise, we offer quality certifications and diplomas that are recognised internationally, to provide our students with an edge in the sports and fitness industry.

Over the years, the sports and fitness industry has evolved greatly and the local sports scene has seen an explosion of world class sports events like Formula One and the WTA Finals. There is now a demand for trained personnel not just in sports and fitness, but also in tourism, hospitality, events management, marketing, retail, and facilities management. Thus ISA was renamed International Management and Sports College (IMSC) to better reflect our increased course offerings in business, tourism and hospitality management to better serve the changing needs of the industry.

IMSC will continue to serve as Singapore's and the region's premier private education institution, in providing a holistic education that equips individuals with the skillsets and competencies required for the future economy. We offer a series of quality academic programmes, professional certifications and continuing education courses to cater to varied needs and schedules, in helping our students achieve their goals in lifelong learning.

## **Our Mission**

To provide a holistic education that equips individuals with the skillsets and competencies required for the industry.

## **Our Vision**

To develop industry-ready individuals for the future economy.

## **Our Values**

Passion | Progress | Purpose

## **Our Culture**

Where success is not quantified by just the result, but rather by the calibre of the pursuit.

- Conferred Edutrust (4-Year) Award by the Committee for Private Education for maintaining high standards in providing quality education services.
- Recognised as an Approved Centre by OTHM Qualifications, which are approved and regulated by Ofqual in the UK.
- Named Most Preferred Private Education Institute for Diploma/Advanced Diploma (Sports and Recreation) by JobsCentral Learning Survey.
- Provides early industry exposure and job placement assistance through extensive industry network.
- Endorsed by leading industry employers such as Virgin Active, True Fitness, the Pure Group, Triple Fit, among others.
- Appointed Education Partner and Approved Provider in Singapore by the American Council on Exercise (ACE).
- Offers continuing education courses for increasing skillsets.



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