

# Diploma in Sports Science and Coaching



The Diploma in Sports Science and Coaching is designed to provide well-rounded knowledge and skills in the area of Sports Science, Administration and Coaching. The programme will provide a strong foundation for students who want to develop their knowledge in such fields. This programme will enable students to make well-informed and confident decisions in the Sporting Industry.



**Job Prospects**

- Talent/Sports Development Manager
- Sports Administrator
- Sport Scientist Assistant
- Fundamental Movement Skills Kids Trainer
- Community/School Coaches
- Fitness Centre Manager
- Strength and Conditioning Trainer
- Sports Coach
- Gym Manager

**Entry Requirements**

Age

Minimum 16 years old

Academic Qualification

- 2 GCE 'O' Level with min. grade C6 or equivalent; or
- 3 GCE 'N' Level or equivalent; or
- Mature candidates ( $\geq 30$  years old with 8 years' work experience); or
- Candidates with other qualifications will be considered as case-by-case basis

English Language Proficiency

- NITEC or Higher NITEC; or
- Formal education equivalent to 'O' Levels
- Pass in GCE 'O' level English (grade 1 to 6); or
- IELTS score of 5.5; or
- WPL Literacy Level 5; or
- Post-Secondary Qualifications, where certified that English is the sole medium of instruction; or
- Professional Qualifications (ie: WSQ, LCCI, ACCA etc.); or
- An equivalent of English language qualification; or
- Pass in ASA Language Literacy and Numeracy (LLN)

**Intake**

Quarterly intake. Please contact IMSC for specific intake dates.

**Course Duration**Academic Instruction  
(6 months)

No. of days per week

5

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.

Industrial Attachment  
(Up to 6 months)

Upon completion of all 8 modules, students are required to attend an Industrial Attachment (IA). However, if students are unable to secure an IA, they will be given the option to complete a Final Project (FP).

**Delivery Methods**

- Classroom
- Theory
- Practical

**Assessment Methods**

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

- Question and Answer
- Simulations
- Role Plays
- Written and/or Oral Examinations
- Practical Demonstrations and Assessments
- Projects and/or Case Studies



## **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 (6 months)	Total no. of modules	8 modules
	No. of contact hours per module	40 hours
	Total contact hours	8 modules x 40 hours = 320 hours
Industrial Attachment (Up to 6 months)	Upon completion of all 8 modules, students are required to attend an Industrial Attachment (IA). However, if students are unable to secure an IA, they will be given the option to complete a Final Project (FP).	

## **Compulsory Core Modules**

Module Code	Module Title
C1	Human Anatomy and Physiology
C2	Sports Psychology
C3	Strength and Conditioning
C4	Biomechanics and Sports Technology
C5	Sport Administration
C6	Sports Coaching Methodology
C7	Fundamental Movement Skills
<b><u>Elective Modules (Choose 1 out of 7)*</u></b>	
C8a	Personal Training
C8b	Sport Marketing
C8c	Skill Acquisition
C8d	Counselling
C8e	Kickboxing
C8f	Swimming
C8g	Fencing
<b><u>Industrial Attachment</u></b>	
IA	Industrial Attachment

\*Subject to changes

## **Module Description**

C1 – Human Anatomy and Physiology	This module studies the structure and function of several systems of the human body. Anatomy and physiology understanding forms the fundamentals of various other topics related to sport and exercise fitness. Learners will be exposed to metabolic processes, many body systems, homeostatic control mechanisms and adaptations during exercise.
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C2 – Sports Psychology	Sport performance depends on several sport science disciplines. Sport psychology is one that focuses on the experiences, motivation, adherence and mental skills related to sport and exercise. This module aims to provide understanding on psychological concepts and factors that would influence exercise participation and sport performance.
C3 – Strength and Conditioning	Muscular strength is important for a activities of daily living, bone health and better metabolism and posture. Strength training is bread and butter in athletic development, but it should be done with specific plan and purpose. This module aims to provide concept and practice-based understanding of muscular fitness and conditioning, use of periodization and development for different sport and exercise participants.
C4 – Biomechanics and Sports Technology	Sport biomechanics is a study of mechanical laws related to the movement or structure of the human body in sporting context. This topic allows us to gain understanding of athletic events through measurements and analysis. This module provide learners the basic mechanical concepts, laboratory equipment and software to study human movements.
C5 – Sport Administration	Organisations are constantly in demand for information and expertise to help make big decisions. Learners will be taught the recognized duties of management positions, from an overview of basic supervision skills to focuses on contemporary issues. This module prepares the prospective sport administrator a comprehensive and contemporary introduction to administration, organization, and management principles and their applications in the broad sports settings.
C6 – Sport Coaching Methodology	This unit looks at the fundamentals of sport coaching. Learners will learn about the process of planning and designing coaching program, delivering and implementing training methods and discuss the methods to manage and minimize risks.
C7 – Fundamental Movement Skills	This unit provides an over overview of the role and importance of fundamental movement skills. Learners will have the understanding of the skills within the movement framework and acquire the ability to implement the assessments and analyse the results. Learners will also look at designing and developing programmes to improve FMS of the students.
C8a – Personal Training	This unit provides the learners with the understanding of being a personal trainer and acquire the proper skills and knowledge to design safe, effective and customised personal training programs for their clients. Topics include communication techniques, functional training and program design for special populations
C8b – Sport Marketing	Sports Marketing focuses on promotion of sports events, team, products and services through sporting events and teams. Today, it even ventures out of sporting events into the corporate world. This module provide learners with knowledge of topics include advertising, promotions, public relations, location, pricing, sponsorships, licensing, market segmentation, and the role of research.

C8c – Skill Acquisition	Skill acquisition looks at how the joints and body segments of an individual work together to perform tasks. This unit looks at the theories and models relating to skill acquisition. Learners will understand the concepts of human growth, maturation and development, the classification of motor skills and the principles of skills learning.
C8d – Counselling	This unit equips students with interpersonal skills that all leaders need when interacting in any situation. Learners will be exposed to several approaches to counselling from the humanistic, cognitive and psychoanalytic perspective. Topics include enhancing communication skills, goal setting, techniques to deal with issues, dealing with resistance and counselling in individual and group settings.
C8e – Kickboxing	This unit prepares Sports coaches who are interested in grooming kickboxing athletes or using kickboxing to cross train athletes from various sports backgrounds. During this course, students will acquire more knowledge on the competitive and combative elements of kickboxing.
C8f – Swimming	This unit covers the fundamental principles of swimming and swim coaching. This course is designed to introduce coaches to the philosophy of sport and empower coaches on the pool deck.
C8g – Fencing	This unit covers the fundamental principles of fencing and fencing coaching. This course is designed to for individuals who are looking to conduct fencing coaching programmes at a community level.
IA – Industrial Attachment*	Upon completion of all 8 (7 core, and 1 elective) modules, students are required to undertake up to 6 months of an industrial attachment with an organization of their choice. Students will be required to submit reports and evaluations during the attachment.
RP – Research Project	Students who are unable to secure an Industrial Attachment can opt for the Research Project as a replacement. Students will be required to complete a research paper and do a presentation on a topic of their choice under the guidance of a lecturer.





**Fees**

LOCAL STUDENTS		
Fees Breakdown		Amount including 7% GST (SGD)
<i>Academic Fees</i>		
1	Course Fees	5,136.00
2	Course Material Fees	428.00
3	Examination Fees	856.00
<b>Sub-Total:</b>		<b>6,420.00</b>
<i>Others</i>		
4	Application Fees (non-refundable)	192.60
5	Fee Protection Scheme (FPS) (compulsory)	128.40
6	Medical Insurance (optional)	96.30
<b>Grand Total:</b>		<b>6,837.30</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	5,992.00
2	Course Material Fees	428.00
3	Examination Fees	856.00
<b>Sub-Total:</b>		<b>7,276.00</b>
<i>Others</i>		
4	Application Fees (non-refundable)	385.20
5	Fee Protection Scheme (FPS) (compulsory)	145.50
6	Medical Insurance (compulsory)	96.30
<b>Grand Total:</b>		<b>7,903.00</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	ACE (American Council on Exercise) - Certified Personal Trainer Examination Fees (if applicable)	350.00
2	Deferment Fees	235.40
3	Re-Assessment Fees (per assessment component of the module)	160.50
4	Re-Module Fees (per module)	428.00
5	Penalty for Late Payment (per week)	10.70
6	ICA Online Issuance Fee (for Student's Pass)	90.00
7	Replacement of Student ID	21.40
8	Medical Insurance (if applicable)	96.30
9	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.

- 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.

