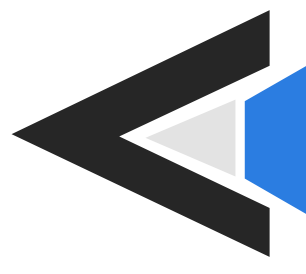


# International Sports Diploma in Sports Coaching (Full-Time/Part-Time)



The Diploma in Sports Coaching is designed to equip students with the essential knowledge and skills, helping them to succeed in coaching all levels of sports, focusing on sports coaching methodology, sports psychology, sports medicine, sports strength and conditioning, sports administration, sports facilities and event management, sports nutrition and sports coaching technology. It consists of 9 modules and an industry attachment of 200 hours plus a project paper.



**Job Prospects**

- High Performance Coach
- Sports Coach/Community Coach
- Assistant Strength and Conditioning Coach
- Sports Trainer in Rehabilitation Centres

**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; or</li> <li>• NITEC or Higher NITEC; or</li> <li>• Relevant certification issued by the United States Sports Academy; or</li> <li>• Australian Qualification Framework Certificate III</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</li> </ul>

**Intake**

Please contact IMSC for specific intake dates.

**Course Duration**

Academic Instruction (Full-Time) - 6 months	No. of days per week	6
	No. of hours per day	4-6

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.

Mentorship  
(200 hours) Upon completion of all 10 modules, all students are required to undertake 200 contact hours of mentorship programme with a mentor of their choice.

**Course Duration**

Academic Instruction (Part-Time) - 12 months	No. of days per week	-
	No. of hours per day	3-6

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.

Mentorship  
(200 hours) Upon completion of all 10 modules, all students are required to undertake 200 contact hours of mentorship programme with a mentor of their choice.

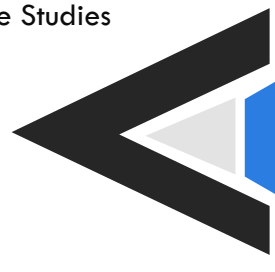
**Delivery Methods**

- 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



## **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 or 12 months)	Total no. of modules	10 modules
	No. of contact hours per module	40 hours
	Total contact hours	10 modules x 40 hours = 400 hours

Mentorship  
(200 hours)

Upon completion of all 10 modules, all students are required to undertake 200 contact hours of mentorship programme with a mentor of their choice.

This mentorship is the practical part of the programme, involving 200 hours of lectures and practical sessions under the supervision and guidance of an approved trainer in the sports related industry. Students are also required to submit a 5000 words project report for assessment.

## **Compulsory Core Modules**

Module Code	Module Title
CEM 543	Sports Administration
CEM 583	Sports Facilities and Events Management
CEB 371	Sports Coaching Methodology
CEB 386	Sports Psychology
CER 332	Sports Strength and Conditioning
CEM 400	Leadership Principles of Sport

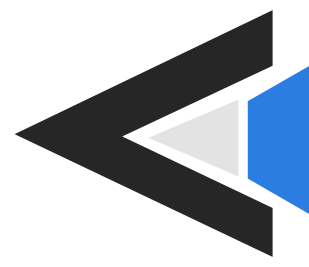
## **Compulsory Major Modules**

CED 346	Sports Medicine
CED 556	Sports and Fitness Nutrition

## **Two (2) Elective Modules**

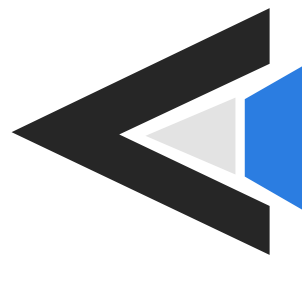
CEM 544	Sports Marketing
CEM 526	Personal Training
CEM 487	Introduction to Sports Security Management
CEM 488	Contemporary Sports Security Management
CEM 489	Introduction to Emergency Management for Sport Settings
CEM 542	Sports Business and Personnel Management
CEM 551	Sports Public Relation
CEM 550	Sports Fundraising

## **Mentorship**

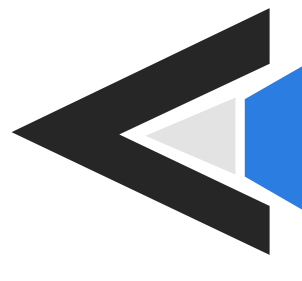


**Module Description**

CEM 543 – Sports Administration	This unit will help the student understand the sport manager’s position and the environment in which performance occurs.
CEM 583 – Sports Facilities and Events Management	This unit studies the principles involved in planning, marketing, producing and evaluating sports events and facilities.
CEB 371 – Sports Coaching Methodology	This unit covers theories and their practical application in teaching sports and sports skills. It is designed to enable students in gaining competence in applying competitive tactics and strategies appropriate to the sport environment. Particular emphasis is placed on developing a coaching philosophy with an emphasis in coaching ethics, conducting effective and efficient practice sessions, utilizing game management strategies, and skill analysis.
CEB 386 – Sports Psychology	This unit covers skills and application of psychological principles used in sports. It provides an insight into how psychological factors, such as anxiety, motivation, concentration, and confidence of coaches and trainees can affect performance in sports.
CEM 332 – Sports Strength and Conditioning	This unit is a study of the nature, content and application of public relations in sport programs related to schools, colleges, universities, associations, organizations, and sport fitness centers.
CEM 400 – Leadership Principles of Sports	This unit is designed for sport managers who influence others to get things done. The concepts, principles, and skills of leadership will be examined in addition to the different styles of successful coaches and managers.
CED 346 – Sports Medicine	This unit is designed to give students a basic understanding of sport-related injuries and how to recognize and provide emergency treatment, along with ensuring proper follow-up medical care. It covers the basic principles of sports injuries and rehabilitation to allow students to manage medical problems in sports and thereby improving the compliance of athletes in the management of sports-related problems.
CED 556 – Sports and Fitness Nutrition	This unit introduces students to the essentials of nutrition, food production and the workings of the alimentary system and looks at relation of these elements to exercise.
CEM 544 – Sports Marketing	This unit includes an in-depth study of sport marketing and the influence it has in accomplishing objectives in today's world of sport.
CEM 526 – Personal Training	This unit provides students a solid background in the area of personal training. This course combines sports science and entrepreneurial principles in the design and implementation of a personal training regime.



CEM 487 – Introduction to Sports Security Management	This unit examines the concepts, principles and methods of organizing and administering security management and loss-prevention activities in industry, business, government and sport venues. Emphasis is on protection of assets, personnel and facilities.
CEM 488 – Contemporary Sports Security Management	In this unit, students examine principles and issues in security management as well as the challenges, concepts, strategies and skills needed to manage security-related operations and activities. Focus is on leadership in management, personnel management, security planning and evaluation, communication and best practices.
CEM 489 – Introduction to Emergency Management for Sport Settings	This unit examines theories, components, systems and strategies in contemporary disaster and emergency management. Students examine 1) the historical, administrative, institutional and organizational framework of disaster and emergency management in the United States; 2) The role of the federal, state, and local governments in disasters; 3) The role of nongovernmental organizations in emergency management; 4) the role of land use regulation, the media, crisis communication, insurance, and citizen participation; 5) the social and economic costs of disasters, and 6) The management of natural and man-made disasters.
CEM 542 – Sports Business and Personnel Management	This unit involves the study of the principles of personnel management including staffing, training, and creation of a favorable work environment, management-labor relations, remuneration, security and system appraisal as they apply to sport.
CEM 551 – Sports Public Relations	This unit is a study of the nature, content and application of public relations in sport programs related to schools, colleges, universities, associations, organizations, and sport fitness centers.
CEM 550 – Sports Fundraising	This unit introduces students to the concepts of sports fundraising activities that provide a framework for which the development staff, managers, and directors can operate and develop fundraising programs.



**Fees**

LOCAL STUDENTS		
Fees Breakdown		Amount including 7% GST (SGD)
<i>Academic Fees</i>		
1	Course Fees	5,400.00
2	Course Material Fees	230.00
3	Examination Fees	1,300.00
<b>Sub-Total:</b>		<b>6,930.00</b>
<i>Others</i>		
4	Application Fees (non-refundable)	190.50
<b>Grand Total:</b>		<b>7,120.50</b>

## Note:

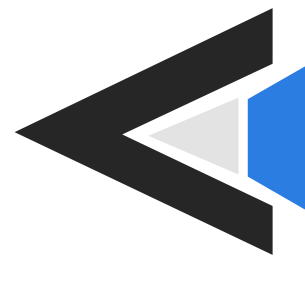
- Application Fees (\$190.50) have to be paid to begin the registration process.
- Fee Protection Scheme is compulsory and payable before course commencement.
- Instalment payment potentially available for local students.
- Medical insurance is optional, depending on whether student has equivalent local insurance coverage.

INTERNATIONAL STUDENTS		
Fees Breakdown		Amount including 7% GST (SGD)
<i>Academic Fees</i>		
1	Course Fees	5,770.00
2	Course Material Fees	230.00
3	Examination Fees	1,300.00
<b>Sub-Total:</b>		<b>7,300.00</b>
<i>Others</i>		
4	Application Fees (non-refundable)	345.50
5	Medical Insurance (compulsory)	96.30
<b>Grand Total:</b>		<b>7,741.80</b>

## Note:

- Application Fees (\$385.20) have to be paid to begin the registration process.
- All items except 4 must be paid in a single instalment before course commencement.

MISCELLANEOUS FEES (payable only if applicable)		
Purpose of Fees		Amount including 7% GST (SGD)
1	Deferment Fees	235.40
2	Re-Assessment Fees (per assessment component of the module)	160.50
3	Re-Module Fees (per module)	428.00
4	Penalty for Late Payment (per week)	10.70
5	Replacement of Student ID	21.40
6	Medical Insurance (if applicable)	96.30
7	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.

